



Learn to cook, pass it on

Jamie Oliver shares his top culinary tips with parents

SEE PAGE 2



Easter fun in the sun

From egg hunts to wheely stunts

SEE PAGES 6 & 7



Chrip Street foodie festival

Market traders share their pride in Food for Health Awards

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ISSUE 1055 13 - 19 APRIL 2015

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eastendlife

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

St Paul's is 'best GP practice in London'

BY JESSICA ODUBAYO

A MEDICAL centre in Mile End is the first GP practice in London to be rated outstanding by England's health and social care watchdog.

The Care Quality Commission (CQC) gave St Paul's Way Medical Centre the highest

rating, following an inspection in November last year.

The practice, which provides GP and primary care services to about 10,500 patients, was measured outstanding in six areas of its work including services for older people and for people experiencing poor mental health.

The report also highlights a number of examples of

exceptional practice, such as the community drug therapies team, benefits advice sessions for patients and health promotion activities.

Professor Steve Field, CQC's chief inspector of general practice, said: "Throughout the inspection we were particularly impressed by the many ways in which the practice engaged

with patients and involved them in the life of the practice.

"I have no doubt that everyone should share the credit for this outstanding service."

St Paul's Way is run by a team of eight GPs who took over the medical centre in 2011.

Clinical lead Dr Joe Hall told East End Life that the practice

was a real community partnership: "We are very proud that CQC has recognised our achievements," he said.

"We have established a great new team and everyone has contributed a huge amount in turning around the practice.

"St Paul's Way Medical Centre is a local not-for-profit organisation and we have shown what can be achieved by working with the community and patients to achieve excellent clinical results."

He added: "We have been helped and inspired by our patients and community partners including the St Paul's Way Trust School, St Paul's Way Transformation Project, Prince's Trust, Bromley by Bow Centre, Poplar Harca and the local pharmacy."

The inspection was part of a new programme by the CQC to assess all of England's GP practices according to whether they are safe, effective, caring, responsive and well led.



Dr Joe Hall (centre) and the St Paul's Way Medical Centre team – "everyone has contributed a huge amount" to its success

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Boost to healthy eating

The partnership is part of a drive to improve residents' cooking skills and boost healthy eating in Tower Hamlets.



Course offers all the right ingredients

"This is a brilliant course for parents. This is about local people teaching local people how to cook, how to budget, how to cook nutritious, healthy, affordable food and it's really parent-focused."

JAMIE OLIVER

News

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Marie McMahon is putting the skills she learnt to good use. Below: Khaled Hussain is preparing to pass on his knowledge

Parents cook up a storm

BY IAN READ

THE first group of parents receiving cooking skills training as part of the council's partnership with Jamie Oliver have completed their courses.

Tower Hamlets has formally launched a partnership with Jamie's Ministry of Food, which is training local parents to deliver cooking courses for other parents.

Khaled Hussain was among the first group of parents to spend three days at Jamie Oliver HQ, where they were taught by members of the chef's team.

Mr Hussain, a married father of two, has a lifelong love

of cooking; he is a former chef and now works as a restaurant waiter.

He said: "It was one of the best experiences of my cooking life – it was absolutely brilliant. It's amazing to cook your own meals and it's cheap as chips as well."

He is now preparing to lead his first cooking workshop, at which he will share his skills with other residents.

"I'm practising at home to build my confidence and so when I deliver the training I can do it properly. We're doing what we can to help other parents," Mr Hussain said.

Marie McMahon is another of the first graduates. "I'm very happy that I did it. The skills have stayed with me and I'm already trying to spread the word," she said.

Fourteen parents will be trained as part of the partnership with Jamie's Ministry of Food.

In the coming months they will share their newly-found skills and knowledge with other local parents by delivering cooking programmes in Tower Hamlets schools and other community venues.

The pilot programme is being delivered as part of the Healthy Families programme delivered by council's parental engagement team.

For more information contact the parent and family support service on 7364 6398 or email parenting@towerhamlets.gov.uk



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Set to make the borough shine

Tower Hamlets' new Young Mayor, 16-year-old Deng Yan San, secured 2,663 votes at the elections in January to become the seventh person to hold the post.



Votes count

Make sure your vote counts on May 7 and register by April 20.

7364 0872

News

Author to visit literary festival

AUTHOR Ben Aaronovitch will be appearing at Idea Store Canary Wharf as part of literary festival Cityread London this Thursday, April 16.

Cityread London is an annual celebration of literature and each April, Cityread asks residents, workers and visitors to pick up the same book and read it together.

Taking the novel as a starting point, a month-long programme of book groups, film screenings and other events takes place across London.

Aaronovitch's urban fantasy novel *Rivers of London* follows the adventures of a rookie copper-turned-apprentice-wizard, Peter Grant, and his boss, the last wizard in England.

The event at Idea Store Canary Wharf starts at 1pm. To find out more call 7364 1262 or visit www.towerhamlets.gov.uk/ideastore

Take a nappy challenge

TO launch Real Nappy Week 2015 next week, parents can take part in a world record attempt.

The Great Cloth Nappy Change challenge will take place on Saturday, April 18 at the Museum of London Garden Room, in London Wall, EC2.

Last year the official world record was set when 8,459 cloth nappies were changed simultaneously. Visit greatclothnappychange-london.eventbrite.co.uk to book a ticket.

Real Nappy Week takes place from April 20-26. The council works with the Washable Nappy Company to give advice at regular Nappuccino events.

The next one is on Tuesday, May 12 from 10am-12noon at Idea Store Whitechapel.



Young Mayor Deng Yan San and one of her deputies Monsur Ali on a recent visit to the House of Commons

Borough's Young Mayor set to make a difference

BY RAJU MIAH

THE new Young Mayor's team have been travelling around the borough to find out how they can improve the lives of young people living, studying or working in the borough.

Young Mayor Deng Yan San

and her two deputies, Shofiqul Alom and Monsur Ali, were elected to represent the voice of young people for the next two years when a record number of youngsters took part in the elections in January.

The feedback from these meetings has already helped craft two events, A Borough of

Opportunities, delivered by the Young Mayor's team with the support of the council.

Deng Yan, a student at George Green's School on the Isle of Dogs, said: "One of the greatest challenges young people face in the borough is making decisions that impact their lives.

"This is why we delivered A

Borough of Opportunities, as a way of bringing together various organisations, individuals and young people to network and ultimately support them to reach their potential."

For more information or to get in touch email Young.Mayor@towerhamlets.gov.uk or visit www.towerhamlets.gov.uk

Candidates that want your vote

THE candidates standing for election in the two Tower Hamlets Parliamentary seats have been announced.

Eleven people are vying to represent the Bethnal Green & Bow constituency with seven people hoping to be elected in Poplar & Limehouse in the General Election on May 7.

The 18 names were announced last Thursday, April 9 by the council's acting returning officer, John Williams,

who also reminded residents that they have only one more week to register to vote in next month's election.

The deadline for electors to register is Monday, April 20.

Bethnal Green & Bow candidates

Rowshan Ali – Communities United Party
Rushanara Ali – Labour Party
Elliot Ball – The 30-50 Coalition
Jonathan Dewey – Cannabis

is Safer than Alcohol
Alasdair Iain Henderson – Whig Party candidate
Teena Lashmore – Liberal Democrats

Paula McQueen – UK Independence Party [UKIP]
Jason Andrew Pavlou – Red Flag-Anti-Corruption
Alistair Polson – Green Party
Glyn Robbins – Left Unity-Trade Unionists and Socialists
Matt Smith – The Conservative Party Candidate

Poplar & Limehouse candidates

Elaine Bagshaw – Liberal Democrats
Maureen Childs – Green Party
Jim Fitzpatrick – Labour Party
Rene Claudel Magenzi – Red Flag-Anti-Corruption
Nicholas McQueen – UK Independence Party [UKIP]
Hugo Pierre – Trade Unionist and Socialist Coalition
Chris Wilford – The Conservative Party Candidate

News in brief

Bar owner fined

AN illegal shisha bar in Bow has been fined more than £3,000 for allowing the smoking of shisha indoors.

La Fa Yaa Shisha Lounge in Roach Road was prosecuted by the council's smoke free team at a hearing at Thames Magistrates' Court on March 19.

Leaseholder Shiplu Miah was found guilty of having failed to stop the illegal smoking of shisha in an enclosed place, an offence under the Health Act 2006.

He was fined £800 and ordered to pay costs of £2,548 and an £80 victim surcharge.

The council works with the Met Police and other agencies to ensure shisha bars are compliant with smoke-free legislation.

For advice or information, or to report an illegal shisha premises, call the council on 7364 5008 or email healthandsafety@towerhamlets.gov.uk

A walking tour

A WALKING tour later this month will explore the hidden history of the homeless in Victorian Whitechapel.

Curators of the Geffrye Museum's special exhibition, *Homes of the Homeless: Seeking Shelter in Victorian London*, will lead the tour on Saturday, April 25.

The walk kicks off at 2pm at Whitechapel station and lasts an hour and a half.

Tickets, at £16/£13, include free entry to the exhibition.

To book, visit the website www.geffrye-museum.org.uk or email bookings@geffrye-museum.org.uk

Cash recovered

TOWER Hamlets Enforcement Officers (THEOs) recovered £1,500 in cash and a large quantity of cannabis hidden within the wheel arch of a car on Sunday, April 5.

They were alerted about a suspicious vehicle in Sage Street, E1 by Tower Hamlets Homes and, with the help of their K9 dog unit, they were directed to the car wheel.

Your **FAMILY ANNOUNCEMENTS**

Are you are looking to celebrate or remember someone dear to you?

Whatever you want to say, use East End Life to make your announcement. Your announcement must reach us by the Monday before the publication date you require.

Send the text of your announcement including your contact details to East End Life Family Announcements, Town Hall, Mulberry Place, 5 Clove Crescent, E14 2BGor e-mail to:

terri.gornall@towerhamlets.gov.uk | sharan.ahmed@towerhamlets.gov.uk
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God called you home.

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x Mum x

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x Taylor x Sam x Tilly

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Catching cancer early is the key

Screening remains one of the best ways to spot bowel cancer early. The NHS sends people aged between 60 and 69 a free bowel cancer screening kit to their home every two years.

Keeping an eye out

If you suspect a salon or business is operating without the correct licence, call the council on 7364 5008 or email...

HEALTHANDSAFETY@TOWERHAMLETS.GOV.UK

News

Surgical tutor hailed as the UK's best at awards

A SURGEON at Barts Health NHS Trust has been hailed as the UK's top surgical tutor.

Shafi Ahmed, colorectal cancer lead at the trust and lecturer at Queen Mary University of London (QMUL), won the Silver Scalpel Award 2015 after his students nominated him for the prize.

The annual award – run by the Association of Surgeons in Training – recognises the commitment of surgical tutors who provide the best training and support for trainee surgeons.

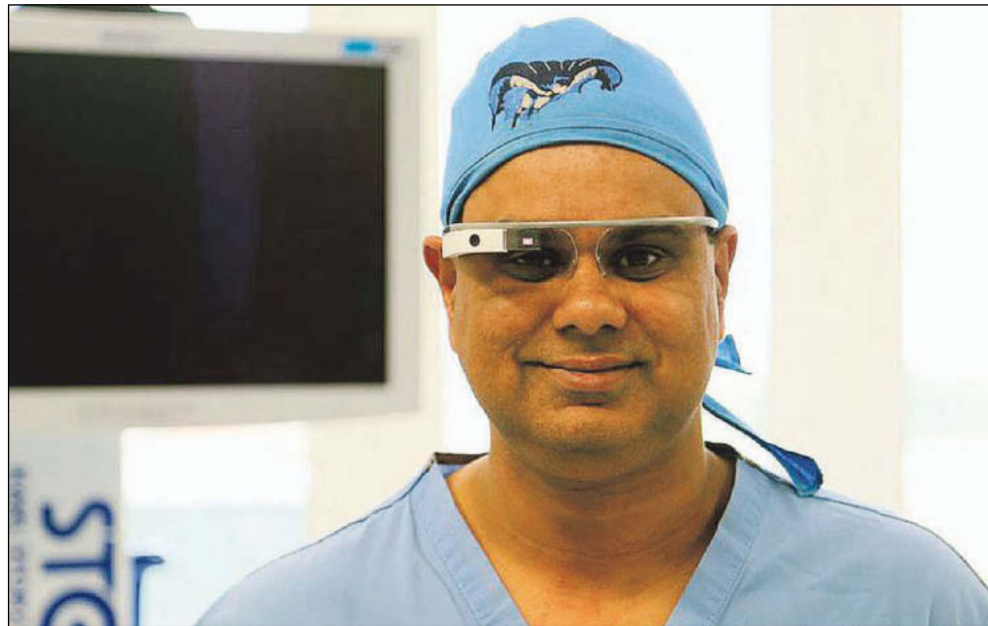
Last year, the lecturer led students to become the first team in the world to broadcast

a live surgical procedure across the internet using Google Glass (right).

Performed at the Royal London Hospital, the operation was watched by 14,000 medical students across 132 countries.

In their nominations, students highlighted the effort Mr Ahmed makes to support them by helping them to settle into their new team and working environment, often in a new country with different cultures.

Professor Anthony Warrens, dean for education at QMUL, said the award reflected Mr Ahmed's position as one of the university's most innovative and forward-thinking teachers.



News in brief

Beauty salon fined

A BEAUTY salon in Mile End has been fined £930 for advertising and carrying out special treatments without a licence.

The owner of Annie's Salon in Mile End Road was found guilty at Thames Magistrates Court.

The council's consumer and business regulations service was informed last year that the salon was advertising facial, manicure and pedicure treatments without a special licence.

During a visit to the salon, officers found the treatments had been carried without the relevant licence under the London Local Authorities Act 1991.

Despite warnings the salon continued to advertise.

The court fined owner Reshma Choudhury £110 on March 19 and awarded costs of £800 to the council. There was also a victim surcharge of £20.

Being cancer aware saves lives

BY JESSICA ODUBAYO

APRIL is Bowel Cancer Awareness month and GPs are reminding residents to look out for the signs and symptoms of the disease.

In Tower Hamlets bowel cancer is the third most common form of cancer and the second most common cause of cancer death.

Sixty new cases are diagnosed and 30 people die from the disease in the borough each year.

But if it is diagnosed early enough, it is treatable and people can continue to live long healthy lives.

GP Sir Sam Everington, who

chairs Tower Hamlets Clinical Commissioning Group (CCG), said spotting the signs and seeking medical advice early could save lives.

And he urged residents to take part in the national screening programme.

The signs of bowel cancer can include blood in your stool or your stool being looser than usual.

Other symptoms may include a pain or lump in your stomach, feeling more tired than usual for some time, or losing weight for no obvious reason.

Screening remains one of the best ways to spot bowel cancer

early. The NHS sends people aged between 60 and 69 a free bowel cancer screening kit every two years.

Dr Somen Banerjee, director of public health at the council, said: "People don't always know about the life saving benefits of screening yet this simple step can save your life. Spotting cancer early saves lives, because treatment can be offered quickly and is often less complicated."

A low-fat, high-fibre diet, including fresh fruit, vegetables and whole grains, can help prevent bowel cancer as well as cutting down on red or processed meat and getting active.

Advice service creates budgeting tool

THE Money Advice Service, which provides free and impartial advice, has created budgeting tools to help residents make their money last.

The service advises people to create a budget of all household income and outgoings.

To do this, it is important to think about money coming in and outgoing payments and how often you receive them.

Incomings include money received from benefit payments

and/or a salary, a pension or child maintenance.

Outgoings include payments on rent or the mortgage, heating bills and insurance, as well as food and living expenses and other spending.

The Money Advice Service has an easy budgeting tool that can be completed online at www.moneyadvice.org.uk or call for free for impartial money advice on 0300 500 5000.

Toynbee Hall in Commercial

Street, E1 (7247 6943); the Limehouse Project in Copenhagen Place, E14 (7538 0075); and the Bromley by Bow Centre, St Leonard's Street, E3 (8709 9700) provide free help with personal budgeting.

This includes support for residents who need help to budget with the new universal credit single monthly payment, which is paid in arrears and includes housing costs payments – email money@toynbeehall.org.uk or call 7392 2989.

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Getting creative

“I enjoyed making my Easter card. I liked using the chubby paints.”
Mia, aged 10



Fun all year in the parks

More than 500 youngsters collected tasty treats at the egg hunt in Mile End Park. Don't worry if you missed out as there are free events in the borough's parks all year round.

WWW.TOWERHAMLETS.GOV.UK

Feature



Elle, 4, and Lily, 8, with the Easter eggs they made at Mile End Park



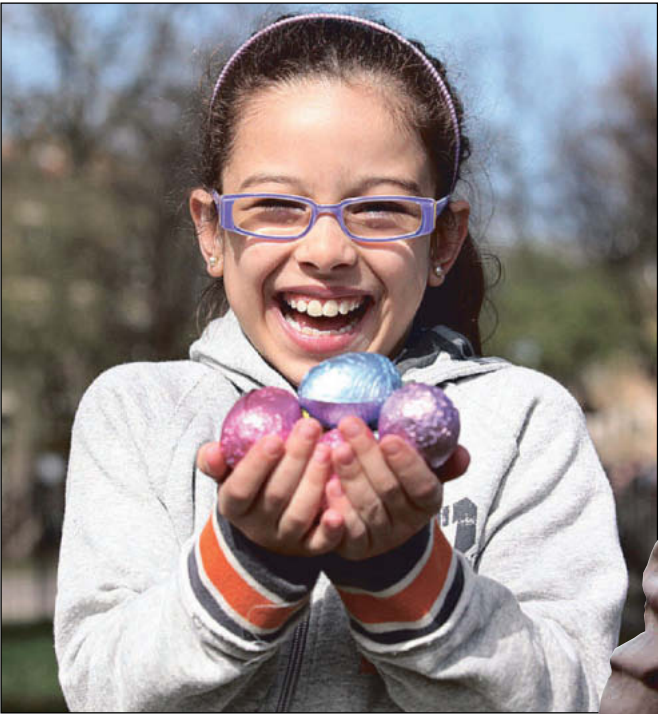
Helen and Marlie, both 8, enjoying the Eggstravaganza in Victoria Park



Fateha, 5, and Tahmina, 8, hunt for



Abdo, 2, and his dad in the sand at Mile End Park



Anya, 7, at Victoria Park's Easter Eggstravaganza

Sun shines down on

BY SHALINA HUSSAIN

HUNDREDS of young people joined in a free fortnight of fun during the Easter holidays which included eggcellent egg hunts, wheel sports and games.
Organised by the council, the Children's Playground in Mile End Park, Locksley Street, attracted excited crowds for an egg hunt on Sunday, April 5 where they had the chance to decorate their own eggs.
Other activities included making daffodil windmills, where 150 children took part.
Over at Victoria Park more than 300

youngsters took part in an Easter Eggstravaganza at the V&A Building. Children had the chance to take part in an egg hunt, arts and crafts and wear fancy bonnets.
Skaters, boarders and BMX bikers tried out stunts, flips and air tricks at the Urban Wheelers Jam in Victoria Park, organised by the council's parks and sports teams on April 8.
The wheel park boasts a full cradle and coaches were available throughout the day demonstrating how to do tricks.
More than 500 people attended the event where young people used their leg muscles to generate electricity to power the music system using stationary bikes.



Saeed, Adam and dad Ahmed at Mile End Park



Show off your moves

Show off your biking and boarding tricks at the Wheel Park in Victoria Park. Whether you're a BMX biker, or a skater boy or girl, the full cradle is worth a spin.

WWW.TOWERHAMLETS.GOV.UK/PARKS

The kids loved it!

"We had an amazing day, loads of fun with lots to do. The kids loved it!" **Tracy** whose children enjoyed the day at MEP.

Feature



eggs in the sand at Mile End Park



Jayne, 9, Haddy, 12, and Bridget, 10, with their stash of eggs at Mile End Park



Layla, 3, with Sally, making masks at Mile End Park

Easter holiday fun

There were also smoothie bikes which provided refreshments for all. Rollapolanza took along its simulator racing bikes where kids and parents competed against each other. lessons, an urban climbing wall, BMX biking, music, street dancing and a live graffiti wall. Free activities included skateboarding

To find out about more free events during the summer visit www.towerhamlets.gov.uk



Max, 9, at the Urban Wheelers Jam



The Urban Wheelers Jam in Victoria Park



Zaina, 4, paints an egg, watched by an admirer



Maximus, aged 22 months, in Victoria Park



Sanaa, 11, Israa, 8 and Aya, 9, show off their painted eggs



Bella, 4, tries skateboarding at the Urban Wheelers Jam



Join the woodland tour

Join the free guided walk round Tower Hamlets Cemetery Park at 2pm on Sunday, April 19 and see woodland flowers such as dogs mercury, yellow archangel, goldilocks and moschatel.

WWW.FOTHCP.ORG

Useful information

The wild bunch

News from the Friends of Tower Hamlets Cemetery Park

APRIL in the Cemetery Park is a spectacular month for wild flowers in the woods.

There are wonderful shows of primroses, cowslips and sweet violets, both in the park itself and along the Ackroyd Drive Greenlink.

Our abundant bluebells have started to flower, and will carry on until early May. Bumblebees and butterflies love the flowers as much as people do.

By no means are all our bluebells blue. We have many pink and white ones too. If you look closely at our bluebells, you'll notice big differences between the plants.

This is because two very different species of bluebells grow commonly in London. English bluebells have narrow flowers, which are only on one side of the spike, which nods.

They have blue pollen and are scented. Spanish bluebells have bigger, broader flowers round the upright spike, white pollen and no scent.

The two species hybridise, as bees move pollen from one to the other, to produce plants with every combination of their differences. Sometimes a plant looks just like an English version, but has white pollen and no scent.

We have a huge range of daffodil species and varieties in the Cemetery Park, chosen to give us a continuous presence from January to May.

Gardeners often ask us about what to do about daffodils when flowering finishes. You can cut off the old flower heads but not the leaves; let them die down naturally, which will happen by early June.

If leaves are taken off prematurely the bulb can't build itself up for next year's flowering and many plants will be 'blind', just producing leaves.

April also brings many woodland flowers, such as dogs mercury, yellow archangel,



goldilocks, moschatel, sweet woodruff, wild garlic and wood anemones. Intrigued? Come along and join the free guided walk at 2pm on Sunday, April 19 and see all this for yourself.

Most woodland flowers come early in the year, before summer brings deep shade to the woodlands. Tree leaves are just now bursting from their buds and some are flowering now, including willows, cherries and sloes.

Others, such as elms, hazels and yews, have finished flowering. Many are yet to come – ash, oak, rowan, hawthorn and sycamore among them.

When trees leaf, most of them bring their leaves to full size quickly, within a week or so. But one tree doesn't. This is the London plane, which is very common in our streets and parks. Its leaves expand very slowly and take five or six weeks to reach full size.

Our staff and volunteers are busy with seasonal work, and with preparing for summer events. This year our annual spring/summer festival is being held on June 6.

Each year it grows and so becomes better and better both for visitors and stall holders.

We are taking bookings from stallholders now – craftspeople, small producers, fun and games, local organisations wanting to meet a new audience. Contact us on 8983 1277 or go to www.fothcp.org

Some readers will have attended the very successful Shuffle Festival in the Cemetery Park last summer. Another is planned from July 24 to August 1. Find out more information at www.shufflefestival.com

Chemist rota

Pharmacists in Tower Hamlets with extended opening hours.

E1

ABC Drug Stores, 12-14 Montague Street: Mon-Fri 9am-7pm, Sat 9am-5.30pm, Sun 10am-2.30pm.
Beck & Sherman, 197 Whitechapel Road: Mon-Fri 9am-7pm, Sat 9am-5.30pm, bank holidays 11am-1pm.
Sainsbury's, The Albion Brewery: Mon-Fri 8.30am-10pm, Sat 7.30am-10pm, Sun 11am-5pm.

Chapel, 139 Cannon Street: Mon-Fri 9am-8pm, Sat 9am-6pm.

E2

Fairdale, 360 Bethnal Green Road: Mon, Tues, Weds, Fri 9am-6.30pm, Thurs 9am-1pm, Sat 9am-6pm, bank holidays 11am-2pm.
Florida, 307 Bethnal Green Road: Mon-Fri 9am-7pm, Sat 9am-6pm, bank holidays 11am-2pm.

E3

Bell, 534 Roman Road: Mon-Sat 7am-11pm, Sun 10am-2pm.
Forward, 648 Mile End Road:

Mon-Fri 9am-7pm, Sat 9am-6pm, Sun and bank holidays 10am-6pm.

Green Light, St Andrew's Health Centre, 2 Hannaford Walk: 8am-8pm, seven days a week, including bank holidays.
Lincoln, 60 St Paul's Way: Mon, Tues, Weds 8am-8pm, Thurs, Fri, 8am-8pm, Sat 9am-5pm.
Tesco, Hancock Road: Mon 8am-10.30pm, Tues-Fri 6.30am-10.30pm, Sat 6.30am-10pm, Sun 11am-4pm.

E14

Boots, Unit 15, Jubilee Place: Mon-Fri 7am-midnight, Sat

9am-6pm, Sun 12pm-6pm.
Britannia (Perimart), Asda Precinct, East Ferry Road: Mon-Sat 9am-8pm, Sun 11am-4pm, bank holidays 11am-6pm.

Doctors

Please ring your doctor's surgery for an appointment, but if it's the weekend or late at night, call 7377 7151 (only for people in Tower Hamlets who are registered with a doctor). To find a doctor, dentist or help to quit smoking call the health hotline on 7364 5016, Mon-Fri 8am-8pm and Sat 8am-4pm.

Advice

East London Parkinson's Support Group

For people with Parkinson's disease and their carers. Meets third Weds each month, 11am-12pm at John Scurr Community Centre, 1A Bekesbourne St, E14. 0844 225 3704/0808 800 0303

Family Information Service (FIS)

The Family Information Service provides information for people from birth to age 19 including helping parents and carers find childcare, advice on tax credits and childcare vouchers. Open Mon-Fri, 8am-6pm. 30 Greatorex Street, E1. fis@towerhamlets.gov.uk 7364 6495

Alzheimer's Society Tower Hamlets

Advice and help for carers and people with dementia. Mon-Fri, 9am-5pm. Robinson Centre, Mile End Hospital, Bancroft Road, E1. 8121 5626

Tower Hamlets Advocacy Project

Independent advocates for adults with learning disabilities. Mon-Fri, 9.30am-4.30pm. Gladstone Place, 1 Ewart Place, E3. 7364 2550/2199

Parents Advice Centre (PAC)

Offers advice around special educational needs (SEN). 30 Greatorex Street, E1. Drop-in sessions every Tues & Fri, 9.30am-3.30pm. 364 6489

LinkAge Plus

An initiative of the Department for Work and Pensions. Toynbee Hall is one of five centres that coordinates services and activities provided. Mon-Fri from 9am-5pm, drop-in session for advice on benefits, pensions, employment and housing. Appointments necessary. Mon 9am-5pm, Bangladeshi group. Toynbee Hall, Commercial Street, E1 7392 2914 www.toynbeehall.org.uk

Free Advice

Benefits, housing, immigration.

Bengali speakers, home visits to house-bound. Weds, 10.30am-12.30pm, Island House, Roserton Street, E14. Thurs, 1-3pm, Splash, Will Crooks Estate, Poplar High Street, E14. 7987 9379

Skillsmatch

Free advice on all aspects of employment including training, apprenticeships and job vacancies. Canary Wharf Recruitment & Training Centre, 55 Upper Bank Street, E14. 7364 3727 or email skillsmatch@towerhamlets.gov.uk

Tower Hamlets National Childbirth Trust

Offers support, information and friendship to parents and parents-to-be. Regular events. 07976 710964 or towerhamletsnct@yahoo.com www.nct.org.uk

Breastfeeding Support Centres

Mon 11am-1pm Wapping Children's Centre, 15 Chandler St, E1. Weds 12.30-2.30pm, Collingwood Children's Centre, Buckhurst St, E1. Fri 12.30-2.30pm, Overland Children's Centre, 60 Parnell Rd, E3. Sun 2-4pm Barkantine Birth Centre, 121 Westferry Rd, E14. 3594 2591 or 07961 609 626

Free home fire safety advice

From the London Fire Brigade 08000 28 44 28

Careers advice

Tower Hamlets Careers Service

Careers advice for ages 13-19 (up to 25 SEN). Mon-Fri, 1pm-5pm. Appointments available. Careers Centre, 35 Bow Road, E3. 7364 1401

TH Lifelong Learning

Mon-Thurs, 10am-4pm. Shadwell Centre, 455 The Highway, E1.

Careers advice

Support from Civic Enterprise Clubs Co-operative. Tues & Thurs, 1-4pm & 6-9pm. Bishopsgate Institute, 230 Bishopsgate, EC2. 07432 463343



Photo order form

Copies of pictures published in East End Life taken by council photographers are available to readers. To request a copy, email eastendlife.news@towerhamlets.gov.uk and we can send it straight away. If you do not have access to email fill in this form and send it to Photos, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. This service does take longer.

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More families are needed

The council wants to recruit more carers like award winner Amleset Araya, left, who can offer homes to children aged three and over. To find out more call 0800 279 9850 or visit...

WWW.FOSTERINGANDADOPTION.CO.UK

Free bus journeys

The Freedom Pass for older people allows free travel across London and free local bus journeys nationally.

WWW.FREEDOMPASS.ORG

News

Foster carers honoured on a night of special tributes

BY IAN READ

THE amazing work and achievements of Tower Hamlets' foster carers has been recognised at an awards ceremony.

Fourteen special awards were presented at the council's annual Foster Carer Awards night held on March 27.

Among them was the award for outstanding dedication to caring for a young mother and her baby, which was won by Valerie Bleau.

A foster carer for three years, Miss Bleau gave up her job when a teenager she used to foster gave birth. The young woman had officially left her care, but was struggling to look after the baby so Miss Bleau stepped in and cared for him full-time for ten months.

Miss Bleau, who has three grown-up children of her own, said: "It was very challenging. I'm in my 50s, so for me to go back to that was hard.

"But we have got to meet his needs; he's a baby, he doesn't know what's going on.

"He's a lovely little boy, he's healthy and it's a joy to look at him and think 'me and your mother have got you to this point and now we just need to find someone for you to live with'. I'm sure Tower Hamlets Council will put him with the right people.

"I enjoyed it but there were ups and downs. At times I thought it was too much but I had to do it for my foster girl."

On winning the award, she said: "It was nice that someone thought of all the hard work we put in. For me what I was doing was natural. It's nice to be appreciated."

James Harvey and Russell Gibbs collected the award for outstanding commitment to fostering by newly-approved carers. The couple have just completed their first year as foster carers and are looking after a boy who was eight when he joined them. They hope he will stay with them until he is 21.

Mr Gibbs said: "As a same-sex couple we were a little bit wary. We looked into it many years ago and there was a stigma attached to same-sex couples, but everyone's been great.

"To get the award means so much. To show how appreciated and accepted we are means that little bit more."

The awards were presented by Robert McCulloch-Graham, the council's director for

education, social care and wellbeing.

Other awards winners

Veronica Graham – outstanding dedication to caring for a teenager.

Hayat Brhan – outstanding dedication to caring for siblings.

Sajida and Ashraf Lunat – outstanding dedication to caring for a child with special needs.

Rehana Hannan – outstanding dedication by a 'family and friends' carer to the child in placement.

Amleset Araya – outstanding continuing commitment to care for a young person over 18.

Jackie and Kevin Millsout – outstanding contribution of sensitively supporting a child in a cross-cultural placement.

Sahra Hussein – outstanding commitment by a foster carer to move a child on successfully and thoughtfully.

Pam Oscar – outstanding contribution to the long-term care of a foster child.

Mina Khanom – outstanding commitment and flexibility in providing emergency placements.

Jamilla and Yusuf Dana and family – outstanding dedication of a foster family to fostering.

Donna Jakobsen and Santiago Kamara – outstanding contribution to bring about positive outcomes in a child's life.

Gertrude Tummings – special award for winning the Foster Talk national award for caring for children with disabilities.



James Harvey



Valerie Bleau with the council's director of education, social care & wellbeing, Robert McCulloch-Graham

News in brief

Freedom Passes

FREEDOM Pass holders who were unable to renew their passes in time for the March 31 deadline have been reassured their passes will still be accepted for a few more weeks.

More than 770,000 pass holders should now have their new passes, but if your pass expired on March 31, call 0300 3301433 or go to www.freedompass.org and renew as soon as possible.

Night bus boost

TRANSPORT for London has increased the frequency of the N15 night bus. The route, which runs through Limehouse, Aldgate, and Tower Hill, will see weekend night frequency increase from every ten minutes to every seven to eight minutes and week nights from every 15 minutes to every ten minutes.

Charity donation is just sweet music

VICTORIA Park Singers raised more than £1,800 for charities at a spring concert at St John of Jerusalem church.

The money will be equally split between the national charity WaterAidUK and the arts

charity Ingenium, both of which have strong support among the choir's members.

More than 300 people packed the Hackney church to hear the choir perform a range of music from Handel to Sondheim.

Since they started two years

ago, concerts have raised more than £8,000 for good causes.

The choir has a waiting list for women singers but are always on the lookout for men to join. The next rehearsal is at 6.45pm on Wednesday, April 22 at the Royal Inn on the Park.

rainbow house
CHILDREN'S CENTRE

CELEBRATING 10 YEARS
OF LEARNING, PLAYING & GROWING

OPEN DAY
Saturday 25th April 2015
11:00am to 4:00pm
Full time Pre-School Service - 8.30am to 3pm

Part time, morning or afternoon,
Pre-School Services for 3 - 5 year olds

Saturday Arabic Club 4 - 7 year olds
Sunday Arabic Club 4 - 7 year olds
After School Club 5 - 7 year olds

Face Painting - Henna - Arts & Crafts - Stalls - Exhibitions
Dressing Up & Role Play - Children's Bouncy Castle -
Competitions - Admissions for services

Ground Floor Hall
London Muslim Centre
46 Whitechapel Road
London E1 1JX

020 7650 3055
*For more information or to book a stall please contact
www.rainbow-house.org.uk - info@rainbow-house.org.uk

Positive moves

The Jack Petchey Foundation was established to recognise the positive contributions made by young people.

WWW.JACKPETCHEYFOUNDATION.ORG.UK



Supporting elderly residents

Mind's new older persons' advocacy project offers support to older residents, who may feel isolated or fed up, to access support and advice services and resolve issues.

SEE STORY BELOW

News

News in brief

Volunteers wanted by child charity

A CHILD protection charity needs volunteers to deliver assemblies and workshops in primary schools.

According to NSPCC research, an average of two children in every primary classroom have suffered abuse or neglect but most do not seek help until they are much older.

The charity launched its ChildLine Schools Service for primary aged youngsters, to help them understand abuse and how to protect themselves.

Volunteers will help them gain an understanding of child abuse and raise awareness about the support available in their own schools, at home and in the community.

Schools service volunteers will need to dedicate two days a month at varying times between 9am and 3.30pm, Monday to Friday, during term-time and make a minimum commitment of one year.

They must be 16 or over and will be provided with training and support.

To find out more, log on to YouTube and search for a short video entitled Volunteering for the ChildLine Schools Service, or to apply visit www.nspcc.org.uk/getinvolved and search with job reference CLSVSL29.

Have your say on health services

RESIDENTS are being invited to help design community health services by giving their views in a survey.

Tower Hamlets Clinical Commissioning Group (CCG) will use responses to choose an organisation to run the services and then monitor how well they are performing.

Services include speech and language therapists who visit children at home, a stroke rehabilitation team that helps people recover after they have left hospital, specialist diabetes nurses and community nursing teams.

Dr Osman Bhatti, GP and clinical lead for community health services for the CCG,

says giving feedback will help to change people's lives.

"Community health services are used by people in Tower Hamlets more than 300,000 times every year. They are crucial to a successful NHS," he said.

"If more people can get well and stay healthy without having to visit a doctor or hospital, they will be happier and healthier and it will reduce pressure on our health system."

Complete the survey at <http://tinyurl.com/o3k8u2n> call 3688 2500 or email info@towerhamletscgc.nhs.uk

Grants for young abuse victims

A GRANT-giving organisation is offering individual grants of up to £2,000 to families with children who need help to recover from domestic abuse.

Battle UK, a charity which directly supports children and young people, is running the Anchor Project with the City of London Corporation's charity, City Bridge Trust.

The project has a specific aim to support children in families who have to re-settle as a result of domestic abuse.

Grants can be for items such as children's beds, counselling, play therapy, swimming toys or school support.

For more information call 7828 7311 or email anchor@battleuk.org

Apprentice awards

EMPLOYERS and apprentices are being encouraged to show how apprenticeships have made a difference to them by entering this year's National Apprenticeship Awards.

Run by the National Apprenticeship Service, the awards recognise businesses that grow their own talent with apprenticeships, and apprentices who have made a significant contribution at their workplaces.

An information workshop will take place in central London on Tuesday, April 14, to help entrants to apply.

Entries for the awards should be submitted by May 22.

For further details, visit www.apprenticeawards.co.uk



Abdullah Seraj

YOUNG people from 14 Tower Hamlets secondary schools received awards for their hard work at the People's Palace, Mile End. The Jack Petchey Foundation Achievement Awards honoured 115 young people aged 11 to 25, who each received a cheque for £200, a medallion and a certificate. Their peers and leaders nominated the winners for a variety of achievements but mostly for doing their best. Four adults who have shown an outstanding ability to motivate young people received leader awards.

Winners included Viktoriya Nacheva, 16, from Bishop Challoner Catholic Federation of Schools, who was praised for "tirelessly helping" others who are struggling. Viktoriya spent her award on headsets for the school business and enterprise faculty. Abdullah Seraj, 11, a form representative at Stepney Green Maths and Computing College, received an award for contributing to school improvements for all students. He spent his grant on new PE football shirts.



Viktoriya Nacheva

Help for isolated or anxious older people

BY JESSICA ODUBAYO

OLDER residents who are feeling isolated, anxious or concerned about their welfare are being offered support from a new project run by mental health charity Mind in Tower Hamlets.

Advocates working for the charity will be able to offer advice on accessing services and resolving issues of concern.

Michelle Saunders, older

persons' advocate for the charity, told East End Life advocates were not experts in any particular area, but investigated matters such as housing problems, discrimination at work, access to medical records or care on behalf of an older person.

They can also help, where necessary, find expert advice.

The older persons' advocacy project works on a one-to-one basis over six to ten weeks. For longer-term support, referrals

will be made to befrienders, support workers, health services and community groups.

The older person will agree any actions with their advocate.

Appointments with the advocacy project can be held in the community or at the Mind office in Whitehorn Street, Bow.

■ Mind is looking for volunteers to support the work of the older persons' advocacy project.

The role may include attending events to promote

the service, holding stalls in community centres, attending meetings, taking part or providing support at workshops and visits.

Volunteers should be sensitive to issues affecting older people with mental health problems, and respect equal opportunities and other Mind policies.

The charity offers training, travel costs and experience.

Email michelle.saunders@mithn.org.uk



Zarina Rimbaud-Kadimbaks

Dutch Girl blog in awards final

WHEN writer and project manager Zarina Rimbaud-Kadimbaks moved from the Netherlands to Tower Hamlets in 2012, she felt immediately at home in the borough.

To share her love for the capital, and east London in particular, Zarina started a blog entitled Dutch Girl in London.

Now, the site is in the final of the UK Blog Awards, in the arts and culture category.

Zarina, who lives in Bethnal

Green, says her blog celebrates local people and events with the emphasis on arts and culture. Personal topics, such as how it feels to live in London as a Dutch national, are also covered.

"There were hundreds of entries for the UK Blog Awards and I can't believe I made it to the final," Zarina said.

She will be attending the awards ceremony in London this Friday, April 17.

Go to www.dutchgirlinlondon.com to read her blog.



Healthy food awards

The Food for Health Awards (FFHA) have been in place in 2009, council departments including public health, the market service, environmental health and economic development.

WWW.TOWERHAMLETS.GOV.UK/FOODFORHEALTH

Portas project

The awards formed part of a Mary Portas inspired scheme aimed at reviving local shops and high streets.

News

The annual spring festival will transform Chrip Street Market this Saturday, April 18, with cooking demonstrations, food growers, animal and bee farms, recycling and upcycling workshops, and advice on how to save energy. **Anna Wilson** met some of the market traders who are taking part in a scheme promoting produce that is good for you.

Business is healthy for the Chrip Street traders



ARUK CHOUDRAY was a chef for 25 years before setting up his fruit and veg stall at Chrip Street. He goes to Spitalfields wholesale market every day and is happy to take orders from his customers to ensure he can pick up exactly what they want. "My customers love the wide range of fruits that we offer," he said.

MORE and more stallholders at Chrip Street Market are becoming part of the Food for Health Awards – a band of restaurants, cafés and convenience stores that have signed up to provide healthier options to their customers.

As part of the scheme, the Buywell retail project has been working with convenience stores and traders across Tower Hamlets to increase the availability and affordability of fruit and vegetables.

Each trader is assessed according to a standard which ensures they are selling class one quality produce, in striking displays, without the use of bowls.

There is also a clear policy around wastage.

Many items found are available to buy more cheaply than at major supermarkets.

Esther Trenchard-Mabere, associate director of public health at the council, said: "Chrip Street Market is becoming a destination for foodies with such an eclectic variety of stalls and award-winning cafés,

as well as a spot to pick up your fresh fruit and veg daily.

"The area remains the heart of the community and we encourage residents and visitors to continue shopping locally to keep the market alive."

Four traders, who have been recognised with an award and, supported by the Buywell team, have their range of goods.

All have seen their sales grow as a result.

Aruk Choudray, who has been trading at Chrip Street since 2013, said: "Being part of the Food for Health scheme has really helped my business.

"I have increased my sales and doubled my pitch size."

Toklas Miah said: "I have worked very hard to build a successful business and have many customers from outside the borough who like the quality of my produce.

"The Food For Health Awards has helped promote my business to new customers and show existing customers that they can trust what they buy."

For more information on the Food for Health Awards visit www.towerhamlets.gov.uk/foodforhealth

“
Such an eclectic variety of stalls and award-winning cafés.”



DILU MIAH has been trading since last September, but he has quickly built up his business and now has many loyal customers. He is helped on the stall by his dad, Abdur Rahman (above). Dilu says the key to success is quality produce at keen prices.



SURATH MIAH has been at Chrip Street since 2013 and is excited about the new season Alfonso mangoes which will be coming from India and Pakistan in the next couple of weeks. You will not find anything sweeter, he says.



TOKLAS MIAH has been selling fruit and veg at Chrip Street for ten years. He prides himself on his friendly and knowledgeable staff and is particularly well known for his helpful team. He is excited to have new season European strawberries on sale.

Reporting centres open

Victims and witnesses can report incidents at 13 locations other than police stations in the borough.



Help and support for residents

Tower Hamlets third party reporting project brings together the council and key organisations to help victims and witnesses have confidence to report hate crime and domestic violence.

SEE BELOW

News

Better support for victims of abuse and hate crimes

BY STEFAN SWIFT

THIRTEEN centres where crimes can be reported without the need to go to a police station have signed a protocol agreeing to support victims of hate crime or domestic violence.

The importance of third party reporting centres was highlighted by a series of speakers at a conference last month.

Based in community locations, the reporting centres were established in London following a recommendation made by Lord MacPherson in his inquiry into the death of Stephen Lawrence.

It was hoped that by using independent locations, the number of hate crime and domestic abuse incidents that were reported would increase, and the council could support and empower victims while preventing perpetrators from carrying out similar attacks in future.

There are 13 community locations in Tower Hamlets where these centres will operate, including in the council's four One Stop Shops.

Speakers at the conference included the Rev Alan Green, in his role as chair of Tower Hamlets No Place for Hate forum and interfaith forums, who spoke about tackling hate crime in the borough.

Detective Superintendent Wendy Morgan from the Met Police talked about policing hate crime in Tower Hamlets while Debbie Goodier – the hate crime policy lead at the Home Office – spoke about the background and national context to third party reporting centres.



Above: the signatories who are behind the third party reporting centres.

Below: DS Wendy Morgan signs the protocol

Other speakers included the council's domestic violence, hate crime and victim support teams, third party reporting centre staff and Detective Constable Lee Hawkins of the Tower Hamlets police community safety unit.

Andy Bamber, head of community safety at the council, said: "We hope we can increase reports of hate crime, reaffirming the council's commitment to protect victims and take enforcement action against perpetrators.

"We hope the reintroduction of these centres will raise awareness of hate crime and domestic abuse while increasing public confidence to report crimes.

"This forms an integral part of the council's Community Safety Partnership Plan – a vision to make the borough a safe place to live, work and visit."

Reporting centres

THE third party reporting centres now operating in Tower Hamlets are:

■ One Stop Shops

Open: Mon-Fri, 9am-4.30pm (except last Weds of every month, 10am-4.30pm); Sat, 9am-12.30pm (Bethnal Green and Stepney & Wapping only). Interpreting services available on request. Wheelchair accessible.

Bethnal Green

1 Rushmead, E2.

7364 5020

Bow & North Poplar

John Onslow House, 1 Ewart Place, E3.

7364 5020

South Poplar

15 Market Square, Chrisp Street, E14.

7364 5020

Stepney & Wapping

Idea Store, Watney Market, 260 Commercial Road, E1.

7364 5020

■ Age UK – Appian Court Resource Centre

87 Parnell Road, E3.

8981 7124

Mon-Fri,

10am-4pm.

Wheelchair accessible.

■ City Gateway Limehouse Youth Club

Limehouse Causeway.

7531 6199

Tues & Weds, 10am-8pm; Mon, Thurs & Fri, 10am-9pm.

Wheelchair accessible.

■ Dellow Centre

82 Wentworth Street, E1.

7375 0020

Mon-Fri, 9am-4pm.

■ London Muslim Centre & the Maryam Centre

46 Whitechapel Road, E1.

7650 3000

Mon-Sun, 10am-9pm.

Language provision: Arabic, Bengali, Urdu and Somali.

Wheelchair accessible.

■ Positive East – Stepney

159 Mile End Road, E1.

7791 2855

Mon-Fri, 9.30am-6.30pm.

All languages available via Language Line.

Wheelchair accessible.

■ Real

Jack Dash House, 2 Lawn House Close, E14.

7001 2177

Mon-Fri, 10am-4pm.

Email real.answers@real.org.uk

www.real.org.uk

Translation available on request. Blue Badge parking bays, wheelchair accessible, disabled toilets, British Sign Language on request.

■ Step Forward (Tower Hamlets)

234 Bethnal Green Road, E2.

7739 3082

Mon-Fri, 10am-6pm.

Language provision: Bengali.

Wheelchair accessible.

■ Tower Hamlets Victim Support

Shadwell Centre, 455 The Highway, E1W.

7364 7957

Mon-Fri, 9.30am-4.30pm.

Access to Language Line.

Can provide home visits where required.

■ Targeted Youth Support (formerly Newstart & Connexions)

St Mary's Church Hall, Kitkat Terrace.

7364 5834/1956

Mon-Fri, 9.30am-5.30pm.

Language provision: English, Bengali, Somali. Wheelchair accessible.



Debbie Goodier from the Home Office speaks



Rich tapestry of life by the river

The popular view of this old East End, in the century running up to World War I, has been of a London unrelentingly bleak. The truth is considerably richer and more interesting.

Got a story to tell?

If you have a tale about East End history, write to John Rennie or email him at johnrennie@gmail.com

SEE BELOW

WWW.EASTLONDONHISTORY.COM

History

Dispelling myths of life in the east

BY JOHN RENNIE

BY the year 1800, London had spawned along its riverside, east of the Tower, one of the world's great industrial complexes.

This stretch of rural Middlesex, known for centuries as Ossulstone Hundred, had been transformed into one of the most efficient and diverse 'service areas' on the planet... and it was famed throughout the world, wherever seafarers travelled.

The popular view of this old East End, in the century running up to World War I, has been of a London unrelentingly bleak: its people living short, poverty-stricken and diseased lives, with bread-winners queuing each morning at the chain, in the desperate hope of a day's work on the docks. The truth, as has emerged in two excellent books in the last year, is considerably richer and more interesting.

Last year we learnt about 'Sailortown' in Jane Cox's marvellous *Old East Enders*, a history of the Tower hamlets. And now with London's *Sailortown 1600-1800* by Derek Morris and Ken Cozens, we discover a whole new world, of brewers, clergymen, tax collectors, bakers, magistrates, butchers, ships captains and crew... even those who paved and cleaned the streets, lit the lamps at night and kept their neighbours safe.

The book is the fourth in a series published by the East London History Society and looking at the early suburbs that became the East End. And, like its companion volumes, its strength is in the sheer depth and detail of its sources and research.

But if detailed, it's never dull, for through the detail the ordinary lives of the 'middling' people emerge in all their colour. *East Enders*, it appears, were not the poor, downtrodden folk of popular myth.

We begin by noting the clear distinction between the two Londons that snaked out from the City from the 18th century. The south bank was dominated by Greenwich Hospital, the naval complex around the Royal Dockyards of Deptford and Woolwich, and the military industries around Woolwich Arsenal.

On the north bank, the hamlets of Shadwell, Ratcliff, Wapping and Limehouse were merging into what we would later call the East End? This 'Sailortown' was a far less grand affair than the elegant Greenwich, and that's perhaps why early historians, concerned with the works of great men, were unfailingly dismissive.

John Noorthouck, writing in 1773, wrote of parishes "chiefly inhabited by seafaring persons, and those whose business depends



Clockwise from above: poverty – but was that really an accurate picture of the East End?; customs men monitoring the hugely growing trade; the bustle of East End docks; Roque's map shows gradual 'infilling' of the Middlesex hamlets; Hogarth's clichéd view of London life

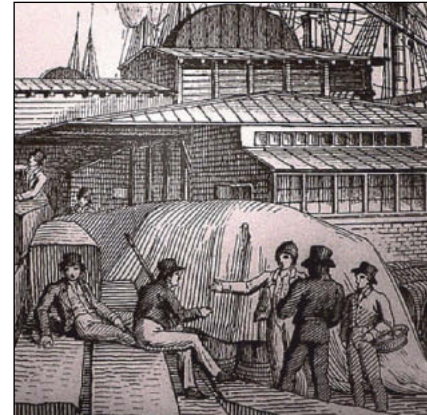
upon shipping... in general close and ill-built [and] therefore offer very little worthy [of] observation, except the parish churches".

Hugill wrote in his *Sailortowns* of the World of "one Sailortown being much the same as another... each port had its boarding houses and brothels, with their crimps and whores... a world of sordid pleasure, unlimited vice and lashings of booze, but a dangerous place too".

Of course, that rather ignores the fact that people have to eat, work, get cures for their ailments and look after their children. The shocking headlines distract from the colourful mundanity of everyday life.

The base of all this development was the gravel cliffs of Ratcliff. In Roman times they had provided a firm footing for the Ratcliff Highway, an early route in to London; and from around 1450, they provided foundations for landing and the building of wharves.

The mushrooming of Sailortown around these footings is gleaned from the many records London made of its geography and citizens. The Hearth Tax (if you had a home fire, you paid tax) gives a clear record of the ballooning of the parishes of Stepney and Whitechapel between 1550 and 1700. A population of fewer than 5,000 grew to one approaching 90,000. One of the greatest



drivers was the opening in 1614 of the East India Company dockyard at Blackwall.

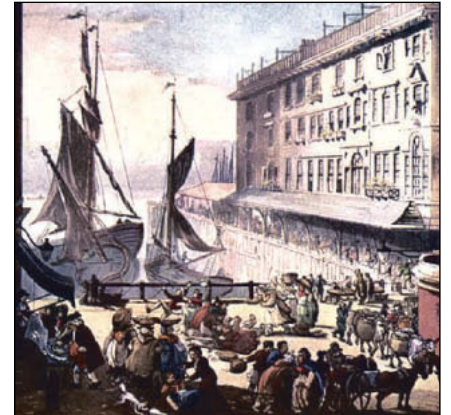
Famous names headed out from the growing port – Humphrey Gilbert, Martin Frobisher and Jane Randolph, the mother of Thomas Jefferson. But more enlightening is the detail of 'ordinary' people (though some of them very rich indeed).

The authors dig into the records of Sun Insurance policies issued from 1700 onwards. There is Sir John Cass, merchant, insured in the early 1700s for £1,500; the Coopers Company (a livery company) insured for the same amount. Richard Ricards (a lighterman and glassmaker) is covered for £1,500. George Petty of Whitechapel (a silk throwster) for £1,000. And brewer Sir John Parsons (also Lord Mayor) for £1,000.

London's poorest quarter? Hardly. In 1723, the Duke of Norfolk had insured his posh Pall Mall dwelling for £2,000. But in Stepney, one prominent house was insured for the same amount, and there were numerous merchant houses (as far downriver as Barking) insured for £1,000 or more.

And such a diverse and fast-changing collection of hamlets proved a nightmare to govern. In early days, many services were provided 'in kind'. So any tax payer had a duty to take his turn at the night watch, to clean the street, to oversee poor relief or to take a turn at jury service.

But services became confusingly overlaid atop one another. Professor Penelope



Corfield notes that "the parishes outside the City were governed, in the 18th century, by more than 300 bodies, all with differing authorities and constitutions".

A simple obligation to repair the street outside your own front door was never going to cope with the increasing traffic to and from the docks and out to East Anglia and the north. Increasingly, Acts of Parliament allowed the financing of new toll roads, such as the Whitechapel to Shenfield turnpike. So too with sewerage and clean water. The innumerable authorities were gradually reduced and simplified, laying the basis for their takeover by local and national government in the 20th century.

And within this prosperous jumble were the ordinary people. All those grand City livery companies, whose officers these days are millionaire bankers and businessmen, started life as humble and worthy trades: candle and watchmakers, bakers and butchers, brewers and ropemakers.

The records of the Company of Watermen and Lightermen provide detail of the earnings of the men who kept London moving, of their rents, their apprentices (and how much they were paid), and their not infrequent disputes with customers. So too for the brewers, the cheesemongers, the sailmakers and the rest... from the mass of data emerges a picture of an East End, not of poverty, but serving the greatest economic empire the world had yet known.

A range of services

The council provides many services for residents and businesses. Go to the A-Z on the website at

WWW.TOWERHAMLETS.GOV.UK

Council information

Tower Hamlets forward planner

TOWER Hamlets Council produces a forward plan every month detailing the key decisions it will take, together with the details of

the author, and consultation undertaken. It can be found in Idea Stores, libraries, One Stop Shops and council offices or at www.towerhamlets.gov.uk/data/your-council/data/forward-plan/forward-plan.cfm

Meetings

Tuesday, April 14

6.30pm: Extraordinary licensing committee

The meeting will consider an application for a sexual entertainment venue licence for Whites Gentleman's Club, 32-38 Leman Street, E1. For details call 7364 4120 or email simmi.yesmin@towerhamlets.gov.uk

7.30pm: Standards (advisory) committee
Business includes a report on the council's use of the Regulation of Investigatory Power Act 2000.

For more information call 7364 4878 or email david.knight@towerhamlets.gov.uk

Wednesday, April 15

7.30pm: Council

For details call 7364 4204 or email johns.williams@towerhamlets.gov.uk

Thursday, April 16

7pm: General purposes committee

For details call 7364 4878

Wednesday, April 22

6pm: Commissioners' decision-making meeting

For details call 7364 4651 or email matthew.mannion@towerhamlets.gov.uk

Thursday, April 23

7.30pm: Strategic development committee

For details call 7364 4877 or email zoe.folley@towerhamlets.gov.uk

Details are accurate at time of going to press. Agendas are available online a week before meetings, which are at the Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG, except cabinet.

The Government is changing benefits

Prepare and act now

The Government is changing the benefit system as part of its plan for welfare reform. If you are claiming benefits, you may be affected. Households who are not in work or have low income will be affected. The impact of these changes could be severe and some households may be unable to afford their current housing costs.

Tower Hamlets Council will be providing information and advice to help you prepare for the changes. We will be holding meetings to discuss the changes and answer your questions. We will also be providing information on how to apply for the new benefits.

For more information about the changes visit the government website www.dwp.gov.uk or call our helpline on 0800 800 7000, or telephone 0202 555 4000.

Get information on welfare reform

The council's benefits service can provide information about housing benefit, council tax benefit and entitlement to free school meals. It has compiled a list of helpful agencies at...

WWW.TOWERHAMLETS.GOV.UK/WELFAREREFORM

Planning

E1
Railway Arch, 25 Cudworth Street, (site to north of Cudworth Street and south of railway viaduct) – alterations to roof of newly constructed block of flats, including addition of roof extensions to incorporate two extra flats and revised communal amenity area.

E2
29 Redchurch Street – proposed shopfront; installation of fascia sign and projecting sign on proposed shopfront.

E14
1 Park Place – reserved matters application seeking permission for details of appearance,

means of access, layout, scale and landscaping associated with construction of office building comprising two basement levels, lower and ground level and 31 upper levels, and construction of new pedestrian link and other works incidental to the development granted outline planning permission on 30.3.15, ref. PA/13/02344.

Telehouse Far East, Sites 6 & 8, Oregano Drive – application for non-material amendment of planning permission ref. PA/14/00074, dated 23.10.14.

This is not a definitive list of all current planning applications. For more details go to www.towerhamlets.gov.uk and click on Planning & Building.

Drug treatment providers

Community Drug Team
Substitute prescribing, key working, health screening & referral to residential treatment. 71 Johnson Street, E1. 7790 1344 www.lifeline.org.uk

Nafas
Support with a focus on Bangladeshi community. The Davenant Centre, 179-181 Whitechapel Road, E1 7377 0676.

Harbour Recovery Centre
In-patient detox for 18+ males. Riverside House, 4th Floor, 20 Garford Street, E14. 7538 9421

Young People's Service
Treatment for under-19s Unit 26, Skyline Village, Limeharbour, E14. 3069 7878 www.lifeline.org.uk

Isis
For women aged over 18 c/o Hopetown Hostel, 60 Old Montague Street, E1. 7426 0399 www.compass-uk.org

Community Alcohol Team
Unit 22, Skyline Village Limeharbour, E14. 0800 008 7200 www.rapt.org.uk

Somali Substance Misuse
Help, advice & referral for people with khat, alcohol or drug issues. Contact Idriis Elmi. Mind in Tower Hamlets & Newham, Open House 13 Whitethorn Street, E3. 7510 1081

Boroughs team up to tackle fly-tipping gangs

THE council and other east London local authorities are clamping down on a huge surge in fly-tipping.

Tower Hamlets, Hackney, Newham and Redbridge are suffering a large and sudden increase in both fly-tipping and dumping of waste.

The upsurge is believed to be down to a single gang using two or three vehicles across the four boroughs.

A local intelligence network has now been established between the councils to tackle the suspected gang, with support from officers from the Environment Agency.

Recently, Tower Hamlets' Clean and Green team spotted a suspect vehicle in Wick Lane, Bow after being provided with information from officers in Redbridge.

The vehicle was stopped by

the police and subsequently seized by Redbridge Council.

The network is calling on all residents to report any sightings of fly-tipping or waste dumping.

Residents or businesses which leave waste outside their property on the wrong days or without having made prior lawful arrangements for collection risk fines or prosecution. Fly-tipping vehicles are typically more than five years old, poorly maintained and normally in use overnight. They are likely to be uninsured, unregistered, untaxed and used by a number of drivers.

Fly-tippers will sometimes 'disguise' themselves by wearing high-visibility clothing but normally operate without uniforms and associate with criminals linked to burglary, theft and drug offences.

Tower Hamlets welcomes

information about fly-tipping – visit www.towerhamlets.gov.uk/default.aspx?page=13234 email LBTHwasteenforcement@towerhamlets.gov.uk or call 7364 6067/6507.

Any information provided will be treated in the strictest confidence.

Witnesses are advised not to approach fly-tippers but to make a note of vehicle registration numbers, the time, date and any descriptions of the individuals involved.

If you think the police can catch the tippers at the scene or nearby, call 999 to report the matter immediately.

Incidents on housing estates should be reported to the relevant landlord who should arrange for clearance.

Businesses that want to arrange waste collections can call Veolia on 7510 0010.

YOUR VOTE MATTERS
MAKE SURE YOU'RE REGISTERED

Don't lose your right to vote
Register online by April 20 to vote in the General Election.

FIND OUT MORE

Tower Hamlets online

www.towerhamlets.gov.uk

For information on council services, including:

- report a missed rubbish collection
- make a doorstep recycling request
- report an abandoned vehicle
- bulk rubbish collections

PUBLIC NOTICE
THE LONDON BOROUGH OF TOWER HAMLETS
ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1)
TEMPORARY PROHIBITION OF TRAFFIC – HORATIO STREET E2

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets, proposes to make an Order, which will prohibit vehicular traffic from entering, stopping

or proceeding in Horatio Street (in the northbound direction only) from a point approximately 50 metres, south, to its junction with Hackney Road.

The restriction on vehicular traffic will enable essential works to be carried out on the public highway by CVU.

The alternative route for vehicular traffic will be via Horatio Street (southbound), Shipton Street, Ravenscroft Street and Hackney Road or Horatio Street (southbound), Shipton Street (eastbound),

Columbia Road and Ropley Street.

Throughout the duration of the works, and at times when the "one way" and "no entry" traffic signs are covered, the existing one way working in Horatio Street between its junction with Hackney Road and its junction with Shipton Street will be temporarily suspended.

The restriction on vehicular traffic will operate on Thursday 7th May 2015 and Friday 8th May 2015 and at times when temporary traffic signs are placed on

the public highway pursuant to the Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the above traffic restriction to David Pryce, Network Coordinator, Transport and Highways on 020 7364 6898 or email david.pryce@towerhamlets.gov.uk Dated: 13th April 2015

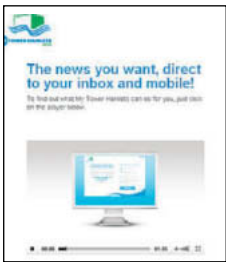
Jamie Blake
Service Head, Public Realm
Mulberry Place
5 Clove Crescent
London E14 2BG

OPEN DAY

SATURDAY 25 APRIL 2015, 11AM - 3PM,
POPLAR CAMPUS



SEE OUR FULL PAGE AD ON PAGE 5 WWW.TOWER.AC.UK/OPEN



Register now for free news

Tower Hamlets residents can register for the free news and consultation service giving updates on subjects they choose as often as they want them. For more information visit...

MY.TOWERHAMLETS.GOV.UK

Twenty is plenty

A 20mph speed limit comes into effect on Monday, April 13 on all borough roads, except TfL-managed red routes.

Council information

Town Hall

Town Hall, Mulberry Place,
5 Clove Crescent, E14 2BG.
7364 5000

Hotline numbers

Housing benefits – 7364 5001
Council tax – 7364 5002
Parking services – 7364 5003
Streetline – 7364 5004
Adult social care – 7364 5005
Children's services – 7364 5006
Pest and noise nuisance –
7364 5007
Employment & skills service
(Skillsmatch) – 7364 3727
Environmental health,
trading standards & licensing
– 7364 5008
Planning & development
– 7364 5009
Business rates – 7364 5010
Recruitment line – 7364 5011
Electoral services – 7364 0872
Tower Hamlets Homes – 7364
5015
Healthline – 7364 5016

General enquiries

Council enquiries – 7364 5020.

Useful housing numbers

Housing repairs – 0800 376 1637
Tenancy support – 7364 5544
Housing advice (E14) – 7364 7507
Housing advice (E1, E2 or E3)
– 7364 3558
Homeless service – 7364 7474
Choice-based lettings
– 7364 0244
Homeseekers – 0845 270 2400

Switchboard

If you know the name of the person or department, call the switchboard on 7364 5000.

Do you know where to find this unusual feature of the borough?
Our popular oddities picture poser gives readers the chance to keep their eyes peeled to see if they can spot where our photographers took the pictures.
If you have photos of your own you would like to see published in East End Life, email them to eastendlife.news@towerhamlets.gov.uk or send them to Photo Poser, East End Life, Town Hall, Mulberry Place, 5 Clove Crescent, Poplar, E14 2BG. They need to be high resolution, at least 1MB and 300 dpi.



Report it!

To report an incident, use these 24-hour freephone numbers:

Non-emergency crimes – 101
Textphone – 18001 101

If a crime is in progress, there is an emergency or if anyone is in immediate danger dial 999.

The council's domestic violence team can provide information, signposting and referrals to local services. Bengali speakers available

0800 279 5434 (office hours)
24-hour domestic violence national helpline

0808 2000 247
Haven Whitechapel (sexual assault referral centre)

7247 4787
Karma Nirvana (Honour Network Helpline)

0800 5999 247
Broken Rainbow (LGBT domestic violence)

0845 260 4460
Black Women's Health & Family Support
8980 3503
Rights of Women

(legal advice)
7251 6577

Victim Support Line
0845 30 30 900
Victim Support Tower Hamlets
8555 8254

NSPCC Child Protection Helpline
0800 800 5000
Childline
0800 1111
Shelterline
0808 800 4444
Respect (for perpetrators)
0845 122 8609

Reunite (advice about child abduction)

0116 2556 234
Men's Advice Helpline
0808 8010 327
Samaritans
08457 909090

Tower Hamlets Mediation Service offers confidential and impartial advice with neighbour conflict
Free service for council tenants and leaseholders. 7702 8305

Trading standards
Consumer Direct: 08454 040506

Walk-in services

One Stop Shops

Bethnal Green – 1 Rushmead, off Bethnal Green Road, E2
Bow & North Poplar – John Onslow House, 1 Ewart Place, E3
South Poplar – 15 Market Square, Chrisp Street, E14
Stepney & Wapping – Idea Store Watney Market, 260 Commercial Road, E1.
Open Mon-Fri, 9am, doors close at 4.30pm. Sat, 9am, doors close 12.30pm at Rushmead and Idea Store Watney Market only.

Idea Stores

Bow – Gladstone Place, E3.
Canary Wharf – Churchill Place, Canary Wharf, E14.
Chrisp Street – Vesey Path, E14.
Whitechapel – 321 Whitechapel Road, E1. 7364 4332
Watney Market – Commercial E1. 7364 4332
All open: Mon to Thurs, 9am-9pm; Fri, 9am-6pm; Sat, 9am-5pm. Sundays – Bow and Chrisp Street open, 10am-4pm; Whitechapel, 11am-5pm; and Canary Wharf, 12-6pm.

Libraries

Bethnal Green – Cambridge Heath Road, E2. 8980 3902
Cubitt Town – Strattondale Street, E14. 7987 3152
All open: Mon, Tues, Weds & Fri, 10am-6pm; Thurs, 10am-8pm; Sat, 9am-5pm.
Local History Library and Archives – 277 Bancroft Road, E1. Open Tues, 10am-5pm; Weds, 9am-5pm; Thurs, 9am-8pm; Sat (1st & 3rd of the month), 9am-5pm.
7364 1290; email localhistory@towerhamlets.gov.uk

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info@canarywharfcars.co.uk
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www.hamletsdrivingschool.co.uk

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SALEM CARE LINES
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Call the workers below, and somebody will be there for you
07943 842915: 7pm - 10pm
07481 242958: 7pm - 10pm
07984 102976: 7pm - 10pm
07534 668392: 2pm - 7pm
Your life matters, your life is important and God loves you
Email: admin@salemeurope.org
www.salemeurope.org

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Isku soo dhawaashada

War iyo wacaal waxaad haysaan u soo dir boga isku soo dhaweynta bulshada ee East End Life.

7364 3179



হোয়াইটচ্যাপেল ভিশনঃ সাফল্যের নতুন পালক

কাউন্সিলের রিজেনারেশন প্রজেক্ট হোয়াইটচ্যাপেল ভিশনের গৌরব-যাত্রায় একের পর এক যুক্ত হচ্ছে সাফল্যের নতুন নতুন পালক। গত নভেম্বরে এটি জিতে নিয়েছিলো জাতীয় ভিত্তিক প্ল্যানিং এওয়ার্ডের সিলভার পদক, আর এখন নমিনেশন পেয়েছে এক্সেলেন্স ইন প্ল্যান মেকিং প্র্যাকটিস এওয়ার্ডের জন্যেও। বিস্তারিত নিচে -

WHITECHAPEL VISION NOMINATED FOR TOP PLANNING AWARD

Harmony

Marxaladda 2aad ee Ocean Estate

Next phase starts on Ocean regeneration – issue 1054

WAXA bilaabmay dhisidda marxaladdii labaad ee mashruuca dibuhabaynta Ocean Estate.

Arrintani waxa ku tusaya duminta saddex sagadood oo u dhisnaa si heer liita ah, waxana laga dhisayaa 225 oo guryo cusub ah, kiradoodana la awoodi karo iyo guryo mulkiyadooda lawada yeelan karo.

Duminta Allonby, Channel and Studland Houses, waa wejiga labaad ee higsiga mashruuca dibuhabaynta waxaana loo bedeli doonaa Stepney estate.

Guryaha cusub waxa dhisaya East Thames Housing inka badan badh (54%) waa guryo guryo la awoodi karo – 92 waa guryo kiradooda la awoodi karo, 29na waa guryo mulkiyadooda lawada yeelan karo.



Marxaladda labaad waxay ku kacaysaa qiyaas ahaan qiimo dhan 13 millian, oo lagu maal-gelinayo Oceanka, waxana ku jira £3.9 million ay bixinayso Greater London Authority (GLA).

Intii u dhaxaysay 2009kii iyo dhamaadkii 2013, waxa dhis-mahan lagu kharash gareeyey inkabadan 220 million, inkabadan 1200 waxay ahaayeen guryo Council oo dib loo ha-gaajiyey.

Illaa haddana inkabadan 800 oo guri ayaa la dhisay, iyo dhismayaal cusub oo bulshada

loo qalabeeyey, oo uu ka mid yahay barkulan waasac ah oo lagu bixinayo adeegga dhakhtarka guud ee xaafadda (GP), adeegga guryaha, iyo meelo bannaan oo loogu talo galay bulshada wada socota.

Aman Dalvi, oo ah agaasimaha horumarinta iyo dibudhiska, ayaa wuxu yidhi, waxaanu dhisnay Ocean Estate oo aannaan ka dhisin oo keliya bul-ukeeti iyo shamiito, waana dhismayaal cusub oo bulshada loogu dhamaystiray si ay u wada gaadho, waanuna wadaynaa inaanu gaadhsiinno is-bedello wanaagsan dad badan oo kala duwan.

Waa tusaale wanaagsan si aannu u hubinno in bulshadu ka qayb qaadata isbedellada socda ee ku xeeran.

Maalinta St George's

Celebrations to mark St George's Day – issue 1054

XAFLADO bilaa lacag ah oo iskuxigxiga oo heer sare ah ayaa dhici doona, si loogu dabaal dego maalinta St George's.

Xafladahani waxay bilaa-banayaan maalinta St George's lafteeda, oo ku began khamiista 23ka April, oo councilku ku casumayo dadka waaweyn goob – kaciyar, goobtuna waa Art Pavilion ee ku taalla Mile End Park.

Waxa jiri doona muusik ay ciyaari doonaan the Sunshine

Kings, kuwaasoo kala xulan doona jazz, swing, oo ka mid ah iyo noocyada aad loo xiisey-nayey tobannaan sano, goobka ciyaarku wuxu soconayaa 2da – 4.30ka galabnimo.

Gelitaanku waa bilaash, laakiin waxaa muhiim ah in waqti hore la is qoro – waxaanad waci kartaa tilifoon 7364 7924 laga bilaabo 9.30ka-ida duhurnimo ama email festivalsandevents@towerhamlets.gov.uk.

Sabtida 25ka April councilka iyo V & A Museum of

Childhood, Bethnal Green, waxay marti qaadayaan maalinta farxadda si loo qadariyo England's patron saint.

Matxafka Cambridge Heath Road wuxu masraxa soo dhigayaa ciyaaro moodooyin hore ah oo kala duwan iyo maaweelin, waqtiguna waa 11.30ka – 4.30 galabnimo.

Uma baahna inaad hore isu sii qorto, maalinta uun kaalay, haddaad warbixin dheeraad ah u baahato wac tilifoonka 7364 7907.

Ma isdiiwaan gelisay, si aad codka u bixiso

Are you registered to vote in the General Election?

DADKA degmada deggan waxaa la xusuusinayaa inay hubiyaan in magacoodu diiwaan gashan yahay, si ay codkooda u bixiyaan doorashada guud ee dhacaysa Khamiista, 7da May.

Councilku dhammaan dadka waraaqo ayuu u diray, uu xusuusinayo inay iska diiwaan geliyaan internetka si ay uga qayb qaataan doorashada.

Diiwaan gelintu waa dhakhso waana fududahay – hadaad u baahato booqo www.gov.uk/

registertovote ama kala hadal kooxda doorashooyinka tilifoonka 7364 0872.

Magacyada musharixiinta deeganada doorashadu ka qabsomayso ee Bethnal Green & Bow iyo Poplar & Limehouse waxa laga heli karaa bogga 3.

হোয়াইটচ্যাপেল ভিশনঃ সাফল্যের নতুন পালক

Whitechapel Vision nominated for top award – issue 1054

কাউন্সিলের রিজেনারেশন প্রজেক্ট হোয়াইটচ্যাপেল ভিশনের গৌরব-যাত্রায় একের পর এক যুক্ত হচ্ছে সাফল্যের নতুন নতুন পালক।

সর্বশেষ সাফল্য রয়্যাল টাউন প্ল্যানিং ইনস্টিটিউট এওয়ার্ড লাভ। গত নভেম্বরে এটি জিতে নিয়েছিলো জাতীয় ভিত্তিক প্ল্যানিং এওয়ার্ডের সিলভার পদক, আর এখন নমিনেশন পেয়েছে এক্সেলেন্স ইন প্ল্যান মেকিং প্র্যাকটিস এওয়ার্ডের জন্যেও।

টাওয়ার হ্যামলেটস কাউন্সিলের ডেপুটি মেয়র এন্ড রিনিউয়ালের করপোরেট ডাইরেক্টর আমান ডালভি বলেছেন, “দেশের অন্যতম প্রধান রিজেনারেশন প্রজেক্টের একটি হিসেবে হোয়াইটচ্যাপেল ভিশন একের পর এক স্বীকৃতি লাভ করে চলেছে। এগুলো কাউন্সিলে আমাদের প্ল্যানারদের কঠোর শ্রমেরই কৃতিত্ব।”

তিনি আরো বলেন, “এই এলাকায় বসবাসকারী ও কর্মরত-সকলের জন্যেই আরও বড় এবং আরও ভালো হোয়াইটচ্যাপেল এলাকা গড়ে তোলার কাজ পুরোদমে এগিয়ে চলেছে।

আমাদের দৃঢ় বিশ্বাস, ২০২৫ সালের মধ্যে আরও রোমাঞ্চকর, আরও উদ্যমী আত্মপ্রকাশ ঘটবে হোয়াইটচ্যাপেলের।”

২০১৮ তে হোয়াইটচ্যাপেলে ট্রান্স রেল স্টেশন খুলে দেয়া হচ্ছে। ফলে বারার প্রবৃদ্ধি আরও বহুগুণে বেড়ে যাওয়ার সুযোগ আসছে বলে ধারণা সবার। পরিবহন অবকাঠামোর এই উন্নয়নের সাথে সঙ্গতি রেখে ২০১৪ সালের মার্চে টাওয়ার হ্যামলেটস কাউন্সিল হোয়াইটচ্যাপেলের জন্যে নিজস্ব পরিকল্পনাটি ঘোষণা করেছিলো। স্থানীয় বাসিন্দা ও ব্যবসায়ি মহল এবং সেই সাথে এই প্রজেক্টের স্ট্র্যাটেজিক পার্টনাররা এর প্রতি উতসাহি সমর্থন জানিয়েছেন।

হোয়াইটচ্যাপেল ভিশন বাস্তবায়নের কাজ শেষ হলে যে সুবিধাগুলো এখানে যুক্ত হবে তার মধ্যে থাকবেঃ পুরনো রয়্যাল লন্ডন হাসপাতাল ভবনে একটি সম্পূর্ণ নতুন সিভিক হাব (নাগরিক কেন্দ্র); ২০২৫ সালের মধ্যে ৩,৫০০টি পর্যন্ত নতুন আরও ঘর নির্মাণ (এগুলোর মধ্যে থাকবে পর্যাপ্ত সংখ্যক ফ্যামিলি ও এফোর্ডেবল ঘরও); ৫ হাজার নতুন

কর্মসংস্থান; নতুন রূপে রূপান্তরিত হোয়াইটচ্যাপেল রোড; সাতটি নতুন পাবলিক কোয়ার ও খোলা স্থানের ব্যবস্থা এবং নতুন ভাবে গড়ে তোলা টাউন সেন্টার।

এই উচ্চাকাংখা পরিকল্পনার প্রতি ঘোটার লন্ডন অথরিটি তাদের সমর্থনের প্রমাণ রূপে নিজেদের হাই স্ট্রিট ফান্ড থেকে দিয়েছে ৫ লাখ পাউন্ড। কাউন্সিল ম্যাচ ফান্ডিং হিসেবে এর সাথে যুক্ত করবে আরও তহবিল ও অন্যান্য সম্পদ। তহবিলটি ব্যয় করা হবে স্থানীয় ব্যবসায়িক প্রতিষ্ঠানগুলোকে সহযোগিতা দেয়া; খালি বিল্ডিংগুলোকে কাজের উপযোগি করে তোলা; সামর্থ্যের মধ্যে ব্যবহার উপযোগি কর্মস্থানের ব্যবস্থা করা এবং এই এলাকার জন্যে আরও বিনিয়োগ আকৃষ্ট করার কাজে। এই পরিকল্পনাগুলো বাস্তবায়িত হলে হোয়াইটচ্যাপেলের স্থানীয় অর্থনীতি আরও বেগবান করতে সৃষ্টি হবে নতুন বিশাল উদ্দীপনা। হোয়াইটচ্যাপেলের সাফল্য উদযাপনের জন্যে প্রতি বছর নানা অনুষ্ঠান আয়োজনের পরিকল্পনাও রয়েছে এই ভিশনের আওতায়।



Some of the foster carers who won awards

ফস্টার কেয়ারারদের মধ্যে এওয়ার্ড বিতরণ

Awards for Tower Hamlets' foster carers – page 9

ফস্টার কেয়ারার অর্থাৎ বাচ্চাদের দত্তক নিয়ে লালন-পালনকারীরা যে অসাধারণ অবদান রেখে চলেছেন, তার স্বীকৃতি হিসেবে তাদের মধ্যে এওয়ার্ড বিতরণ করা হয়েছে।

গত ২৭ মার্চ মেনর পার্কের রয়েল রিজেন্সি হলে টাওয়ার হ্যামলেটস্ কাউন্সিলের উদ্যোগে আয়োজিত বার্ষিক ফস্টার কেয়ারার এওয়ার্ড বিতরণী অনুষ্ঠানে ১৪টি বিশেষ এওয়ার্ড প্রদান করা হয়।

একজন কমবয়সী মা ও তার বাচ্চাকে দেখভাল করে রাখার ক্ষেত্রে বিশেষ ভূমিকা রাখায়

ড্যানিয়েল ব্রুইশ বিশেষ এওয়ার্ড লাভ করেন। তিনি গত তিন বছর ধরে তিনি টাওয়ার হ্যামলেটসে ফস্টার কেয়ারার হিসেবে কাজ করছেন। তার তত্ত্বাবধানে ছিলো এমন এক কিশোরী সন্তান জন্ম দিলে তাদের দুই জনের লালন পালনের স্বার্থে মিস ড্যানিয়েল চাকুরি ছেড়ে দেন। কিশোরীটি অফিসিয়ালি তার পরিচর্যাধীন থেকে বেরিয়ে

যাওয়ার পর নবজাতক সন্তান নিয়ে বিপাকে পড়লে মিস ড্যানিয়েল সাহায্যের হাত বাড়িয়ে দেন এবং প্রায় ১০ মাস তাদেরকে সার্বক্ষণিক দেখাশোনা করেন।

তিন সন্তানের জননী মিজ ড্যানিয়েল বলেন, বাচ্চাদের লালন পালন করা খুবই চ্যালেঞ্জিং। আমি এখন পঞ্চাশের কোটায় এবং এই বয়সে ছোট বাচ্চা প্রতিপালন খুবই কঠিন কাজ। কিন্তু আমাদেরকেই এই বাচ্চার প্রয়োজনীয়তা মেটাতে হবে। সে শিশু, সে জানে না কিভাবে কি হচ্ছে।

নতুন ফস্টার কেয়ারার হিসেবে এর প্রতি অসাধারণ কমিটমেন্ট দেখানোর স্বীকৃতি স্বরূপ এওয়ার্ড লাভ করেছেন জেমস হারভে এবং রাসেল গিবস্। এই দম্পতি মাত্র এক বছর ধরে ফাস্টার কেয়ারার হিসেবে কাজ করছেন। তারা ৮ বছর বয়সী একটা ছেলের দেখভালের দায়িত্ব নিয়েছেন এবং আশা করছেন তার বয়স ২১ হওয়া

পর্যন্ত সে তাদের কাছে থাকবে।

মিঃ গিবস্ বলেন, সম-লিঙ্গের দম্পতি হওয়ায় বাচ্চা প্রতিপালনের বিষয়টি তাদের জন্য খুব সহজ ছিলো না। অনেক বছর ধরেই আমরা এমনটা করতে চাচ্ছিলাম। কিন্তু সম-লিঙ্গের দম্পতির ব্যাপারে সামাজিক দৃষ্টিভঙ্গি সুখকর নয়। তবে আমরা সবার কাছ থেকেই ভালো সহযোগিতা পেয়েছি।

কাউন্সিলের করপোরেট ডিরেক্টর, রবার্ট ম্যাক-ক্লুচ-গ্রাহাম ফস্টার কেয়ারারদের মধ্যে এওয়ার্ড বিতরণ করেন।

কাউন্সিলের অধীনে বর্তমানে ১১৫ টি ফস্টারিং পরিবার রয়েছে এবং আরো বেশি সংখ্যক পরিবারকে ফস্টারিংয়ে আসতে অনুপ্রাণিত করতে কাউন্সিল প্রচারাভিযান চালিয়েছে।

ফস্টারিং সম্পর্কে বিস্তারিত তথ্য জানতে হলে ০৮০০ ২৯৯ ৯৮৫০ নাম্বারে ফোন করতে অনুরোধ করা হয়েছে।



পার্লামেন্ট নির্বাচনঃ টাওয়ার হ্যামলেটসের দুই আসনে ১৬ প্রার্থী

আগামী ৭ মে অনুষ্ঠিতব্য জাতীয় নির্বাচনে টাওয়ার হ্যামলেটসের দু'টি সংসদীয় আসন থেকে ১৬ জন প্রার্থী প্রতিদ্বন্দ্বিতা করবেন। রিটার্নিং অফিসার, জন উইলিয়ামস্ নির্বাচনে প্রতিদ্বন্দ্বিতাকারী প্রার্থীদের নাম ঘোষণা করেন। বেথনাল গ্রীণ এন্ড বো এবং পপলার এন্ড লাইমহাউজ - এই দু'টি আসনে ১৬ জন প্রার্থী প্রতিদ্বন্দ্বিতা করবেন। বিস্তারিত সংবাদ নিচে -

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Harmony



Hundreds of young people joined in free fun during Easter – pages 6 & 7

ইস্টার হলিডে উপলক্ষে বারার বিভিন্ন স্থানে আয়োজিত নানা অনুষ্ঠানে মেতে আছে শিশুরা। টাওয়ার হ্যামলেটস্ কাউন্সিলের উদ্যোগে মাইল এন্ড পার্কের চিলড্রেন্স প্লে এরিয়াতে ৫ এপ্রিল অনুষ্ঠিত এগসেলেস্ট এগ হান্ট অনুষ্ঠানে বিপুল সংখ্যক শিশু কিশোর অংশ নেয় এবং নিজেদের ইচ্ছেমত নানা রংয়ে তারা ডিমকে সাজায়। ডিম খুঁজে বের করে রঙ্গিন করার পাশাপাশি অনুষ্ঠিত হয় ডেফোডিল উইন্ডমিলস্, যেখানে ১৫০ জন শিশু কর্মশালায় অংশ নেয় এবং মোমের বাউন্ডিং ও স্টিকার তৈরী করে। এছাড়া ইস্টার এগস্ট্রাভেগেঞ্জা নামের আরেকটি বর্ণাঢ্য অনুষ্ঠান ভিক্টোরিয়া পার্কে ভিএন্ডএ বিভিন্ন অংশে অনুষ্ঠিত হয়। এতে ৩ শতাধিক শিশু অংশ নেয়। কাউন্সিলের পার্ক এন্ড স্পোর্টস্ টিমের উদ্যোগে ৮ এপ্রিল ভিক্টোরিয়া পার্কের আরবান হুইলারস্ জ্যাম এ অনুষ্ঠানে যোগদানকারী শিশু কিশোররা স্কেটার্স, বোর্ডার্স ও বিএমএক্স বাইকার্স স্টান্ট এ অংশ নেয়ার সুযোগ পায়।

News in brief

বো ইস্ট এ কমিউনিটি সেফটি সার্জারী অনুষ্ঠিত

অপরাধ এবং সমাজ বিরোধী কার্যকলাপের হার কমিয়ে আনার লক্ষ্যে সম্প্রতি বো ইস্ট এলাকায় কমিউনিটি সেফটি সার্জারী ও পায়ে হেঁটে এলাকা পরিদর্শন কার্যক্রম অনুষ্ঠিত হয়েছে।

টাওয়ার হ্যামলেটস্ কাউন্সিলের উদ্যোগে আয়োজিত এই সেফটি সার্জারী ও ওয়াকএব-উট হচ্ছে ১৪ তম ইস্টারএ্যান্ডিভ ইভেন্ট, যার লক্ষ্য হলো কমিউনিটির নিরাপত্তা ইস্যুগুলো সম্পর্কে জনসচেতনতা বাড়ানো।

এই ওয়াকএবউট ও সার্জারীর মাধ্যমে স্থানীয় কাউন্সিলরগণ, পুলিশ অফিসার ও পেশাজীবীদের একত্রিত করা হয়, যারা অপরাধ ও এএসবি ইস্যুগুলো সম্পর্কে অবহিত হন এবং কিভাবে এর বিরুদ্ধে সাফল্যের সাথে পদক্ষেপ নেয়া যায়, তা নির্ধারণ করেন।

বো ইস্ট সার্জারী পরিচালনার পাশাপাশি মোটোপলিটান পুলিশ, সেফার নেইবারহুড টিম এবং টাওয়ার হ্যামলেটস্ এনফোর্সমেন্ট অফিসাররা পরিদর্শনে অংশ নেন। এতে কাউন্সিলের আউটরীচ এন্ড ইয়ুথ ওয়াকাররা ছাড়াও টাওয়ার হ্যামলেটস্ হোমস্, সার্কল ওন্ড ফোর্ড হাউজিং এবং কমিউনিটি সেফটি পার্টনারশীপের প্রতিনিধিবৃন্দ যোগ দেন।

২৪ এপ্রিল কমিউনিটি গ্র্যান্টে জন্য আবেদনের শেষ সময়

বারায় কমিউনিটির মধ্যকার সম্পর্কে আরো সুসংহত করতে বারায় অবস্থিত সংগঠন ও গ্রুপ সমূহ অনুদানের জন্য আবেদন করতে পারবে।

প্রদর্শনী, সাংস্কৃতিক কর্মকাণ্ড ও উদযাপন ইত্যাদি নানা আয়োজনের মাধ্যমে কমিউনিটিগুলোকে একত্রিত ও ঐক্যবদ্ধ করার লক্ষ্যে টাওয়ার হ্যামলেটস্ কাউন্সিল ৫০ হাজার পাউন্ডের একটি তহবিল গঠন করেছে। এসব আয়োজনের ফলে ভিন্ন ভিন্ন বিশ্বাস, সংস্কৃতি, কৃষ্টি ও ঐতিহ্য সম্পর্কে কমিউনিটিগুলো ধারণা লাভ করতে সক্ষম হবে বলে কাউন্সিল মনে করে।

অনুদানের জন্য আবেদন করার শেষ সময় ২৪ এপ্রিল শুক্রবার বেলা ১২টা।

কাউন্সিলের ওয়েবসাইট (www.towerhamlets.gov.uk) ভিজিট করে অথবা ০২০ ৭৩৬৪ ৫০৬৪ নাম্বারে ফোন করে তাহির আলমের সাথে কথা বলেও এব্যাপারে বিস্তারিত জানা যাবে।

■ The above stories are: a community safety surgery in Bow East; bringing communities together grant – issue 1054.

পার্লামেন্ট নির্বাচনঃ টাওয়ার হ্যামলেটসের দুই আসনে ১৬ প্রার্থী

Parliamentary candidates – page 3

আগামী ৭ মে অনুষ্ঠিতব্য জাতীয় নির্বাচনে টাওয়ার হ্যামলেটসের দু'টি সংসদীয় আসন থেকে ১৬ জন প্রার্থী প্রতিদ্বন্দ্বিতা করবেন। বেথনাল গ্রীণ এন্ড বো এবং পপলার এন্ড লাইমহাউজ - এই দু'টি আসনে ১০টি দলের পক্ষে ১৬ জন প্রার্থী প্রতিদ্বন্দ্বিতা করবেন।

বেথনাল গ্রীণ এন্ড বো আসনে ৯ জন প্রার্থী রয়েছেন। এঁরা হলেনঃ এম রওশন আলী - কমিউনিটিজ ইউনাইটেড পার্টি; রুশনারা আলী - লেবার পার্টি, এলিয়ট বল - দ্যা ৩০-৫০ কোয়ালিশন, এ্যালেসডার ইয়ান হেন্ডারসন - হুইগ পার্টি, টিনা লাশমোর - লিবারেল ডেমোক্রেস্ট, পলা ম্যাককুইন - ইউকে ইন্ডিপেন্ডেন্ট পার্টি, জ্যাসন এন্ড্রু পাবলো - রেড ফ্ল্যাগ-এন্টি কোরাপশন, এ্যালেস্টার পলসন - গ্রীণ পার্টি এবং ম্যাট স্মিথ - কনজারভেটিভ পার্টি।

পপলার এন্ড লাইমহাউজ আসনে প্রতিদ্বন্দ্বিতাকারী ৭ প্রার্থী হলেনঃ আইলিন ব্যাগশো

- লিবারেল ডেমোক্রেস্ট, মওরীন চাইল্ডস্ - গ্রীণ পার্টি, জিম ফিঞ্জপ্যাট্রিক - লেবার পার্টি, রেনে ক্লাওডেল মেগেনজি - রেড ফ্ল্যাগ-এন্টি কোরাপশন, নিকোলাস ম্যাককুইন - ইউকে ইন্ডিপেন্ডেন্ট পার্টি, হুগো পিয়েরে - ট্রেড ইউনিয়নিস্ট এন্ড সোশ্যালিস্ট কোয়ালিশন, ক্রিস উইলফোর্ড - কনজারভেটিভ পার্টি।

নির্বাচনে ভোটাধিকার প্রয়োগ করতে হলে ২০ এপ্রিলের মধ্যে ভোটার তালিকায় নাম অন্তর্ভুক্ত করতে হবে। এ জন্যে ভিজিট করুন: www.gov.uk/register-to-vote

সিলেটী নাগরী হরফে বাইবেল-এর অনুবাদ গ্রন্থ প্রকাশ

Bible published in Nagri script

বাংলাদেশের ৪৪তম স্বাধীনতা দিবস উপলক্ষে সম্প্রতি লন্ডনে বিশেষ অনুষ্ঠানের আয়োজন করা হয়েছিলো। এই অনুষ্ঠানে প্রায় চার দশক ধরে টাওয়ার হ্যামলেটসে বসবাসকারী, দক্ষিণ এশীয় ভাষাবিদ জেমস লয়েড-উইলিয়ামস্ সহ ৬ শতাধিক অতিথি যোগ দেন।

অনুষ্ঠানে যুক্তরাজ্যে নিযুক্ত বাংলাদেশের হাইকমিশনার ও দূতাবাসের উর্ধতন কর্মকর্তাদের সাথে জেমস লয়েড-উইলিয়ামকে পরিচয় করিয়ে দেয়া হয় (ছবি দ্রষ্টব্য)।

জেমস এর নেতৃত্বে মুসলিম ও খ্রিস্টিয়ান অনুবাদকদের একটি টীম বাংলা হরফে সিলেটি উচ্চরণে বাইবেল এর অনুবাদ প্রকাশ করেছে। সিলেটের আঞ্চলিক উচ্চারণে কোন ধর্মগ্রন্থের অনুবাদ প্রকাশ এটাই প্রথম। এছাড়া লুগুপ্রায় সিলেটের নাগরী হরফেও বাইবেল এর অনুবাদ গ্রন্থ প্রকাশ করেছেন।

সিলেটী নাগরী শিখতে আগ্রহীদের জন্য শান্তির বই (চারিটি বুক শপ এন্ড লাইব্রেরী, ৪৯ ফ্যাশন স্ট্রিট, অফ ব্রিক লেন) এবং বুক ফর লাইফ (৩০৫ ক্যামব্রীজ হীথ রোড) স্টাডি গ্রুপ পরিচালনা করা হচ্ছে। বিস্তারিত জানতে shantirboi.org এই ওয়েবসাইট ভিজিট করুন অথবা james_lloyd-williams@kastanet.org এই এড্রেসে ইমেইল করুন।



The High Commissioner, and other senior embassy staff welcome Tower Hamlets resident James Lloyd-Williams to the reception to mark the 44th anniversary of independence of Bangladesh.

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Pupils show off artistic talents

A year-long programme of artist-led activity for children and young people in Poplar, culminated in a celebration of their work, as **Jessica Odubayo** reports.

BOW Arts' education programme takes world class artists into schools to improve the lives and learning of children, raise attainment and provide memorable experiences.

And over the last year the educational arts charity worked with ten schools in the Poplar Partnership, a consortium of organisations working to make lasting improvements to the lives of children.

Bygrove, Mayflower, Stebon, Lansbury Lawrence, St Saviour's, Manorfield, Wellington, Marner and Woolmore primary schools and Langdon Park Secondary School were involved in the programme.

Each school hosted a bespoke, artist-led project, developed in response to the school's individual needs or objectives.

The projects aimed to offer pupils high quality learning experiences and increase their skills, knowledge and understanding of the arts – ventures ranged from the making of permanent artworks to improve school grounds, to skills-based programmes and cross-curricular projects.

Year 3 children at Stebon School worked with Jane Rogers to learn willow-working skills. Pupils produced natural forms such as vines, flowers and leaves by bending and weaving the willow. Jane and the children then used the willow shapes to construct a rainforest-inspired sculpture on a wall in the school playground.

Sculptures also included real plants and tree branches, and replicas of creatures that live in the rainforest.

"The children had many ideas of wonderful things they were going

I have learnt to always have fun with painting. I have also learnt not to put paint on my face."



Artist Reza Ben Gajra worked with students at Langdon Park School to create a three-dimensional, figurative wire sculpture (pictured)

to add to their mad rainforest," Jane said. At Lansbury Lawrence, Carl Stevenson worked with children to create a permanent mural outside the pupil entrance.

The mural spells out the school's name in large relief letters and features 3D objects chosen by each class to represent their experiences at the school.

Art co-ordinator Hannah Taylor said: "The head teacher is really impressed, and especially pointed out all the vibrant colours. She is very happy with it. Well done, and thank you for all your hard work."

Artist and designer Lorna Syson worked with pupils in all year groups at St Saviour's Primary to produce foam-printed imagery to reflect and celebrate the

breadth of work and activity that goes on at the school.

The project is now being used to design flags to mark the school's 150th anniversary. "I have learnt to always have fun with painting. I have also learnt not to put paint

on my face," one pupil said. The second strand of the programme featured artist-led after-school workshops for children in years 3 to 6, who have been identified as gifted and talented in art.

The activities aimed to nurture talent,

Right: Mariahah Ahmed and Matilda Trumbla

Centre: enjoying the day

Far right: Pupils share a joke



Right: Max Knowles and Dwin Kadir



Right: Young artists at the Spotlight Youth Centre, Poplar

Centre: pupils at Stebon Primary School with their sculpture

Far right: Mackenzie Hamilton, Dew Anderson and Sarah Tasneem





develop skills and prepare children for the transition to secondary education through an accredited scheme called the Arts Award. The programme also saw teachers across the Poplar Partnership take part in professional workshops designed to help them

develop new skills, broaden creative approaches to curriculum teaching, and have greater confidence in delivering arts learning in their schools. Workshops covered a wide range of topics from animation and textiles to art in the

Above left: the celebration wowed the children
Above right: Kirsty Lowry, of Bow Arts

outdoor environment. The end of programme celebration was held last month at the Spotlight Youth Centre in Poplar. Rob Smith, head of education at Bow Arts, said: "It has been an absolute pleasure working with the Poplar Partnership schools.

"Bow Arts' consortium model is growing from strength to strength, as demonstrated by the fantastic work produced and skills learnt by pupils and teachers who have worked with our amazing professional artists. A huge well-done to everyone."





Blue blood

The Vein is part of Ed Thompson's exhibition at Four Corners.

WWW.FOURCORNERSFILM.CO.UK



Exiled from Nazi Germany

Born in 1894, French-Jewish surrealist artist Claude Cahun was exiled to Jersey in 1938 – only for the island to become the one part of the British Isles to suffer Nazi occupation.

SEE BELOW

Out & about guide

What's on where this week

Dance

Argentinian tango E14

Class. Sat 1-5pm. £5. St John's Community Hall, 37 Glengall Grove, E14.
7538 3852

Ballroom/Latin American

Fri, 1.45-3.45pm, £5, free refreshments. No beginners.
Kingsley Hall, Powis Road, E3.
8550 1392

Brazilian dance aerobic classes

Weds 9-10am & Thurs, 1-2pm. Free.
Alpha Grove Centre, Isle of Dogs, E14
7538 1714

Energize4Girlz

South African gumboot dancing. Every other Saturday from 11am-12:30pm.
St Pauls Shadwell Church, 302 The Highway, E1.
energize4girlzdance@gmail.com

Green Candle Senior Dance

Over-60s, no experience is necessary. Tues, 10.30am-12.30pm, one free taster session.
Oxford House, Derbyshire Street, E2.
7739 7722

Salsa

For dancers of all experience, beginners welcome, followed by dancing until midnight. Prices vary. Free first class for ladies.
Every Weds, 7.30-9.30pm.
Urban Bar, 176 Whitechapel Road, E1.
07932 658861

Swing Dance

All ability levels welcome.

Every Fri, 7-9pm.

£7 per person or £10 for a lead/follow couple.

The Hall, St Margaret's House, 21 Old Ford Road, E2.
8980 2092

Zumba classes

Every Tues 11.15am-12.15pm. Healthy living sessions every Fri, 11am-3pm.
St Matthias Community Centre, 113 Poplar High St, E14.
7515 8362

Kids

Ballet for children

Every Thurs. Ages 2-3 1/2 years, 2-2.30pm; 4-6 years, 4.45-5.15pm.
Alpha Grove Community Centre, Isle of Dogs, E14.
nina.monteiro@hotmail.com

Deaf after school club

For ages 5-12. Mon-Fri, 4-6pm.
Tower Project, 45-55 White Horse Road, E1.
naima@towerproject.org.uk
7790 9085

Kids' Creative Dance Classes

Mini-movers, 2-3yrs; leaps and strides I, 4-5yrs; leaps and strides II, 5-6yrs; dash, 7-11yrs.
Sat mornings. £44-49.50 per term or £4.50/£5 per term, plus concessions.
Chisenhale Dance Space, 64-84 Chisenhale Road, E3
8981 6617
chisenhaledancespace.co.uk

Pollyanna Training Theatre

Drama and musical theatre for ages 4-16 in Wapping, E1.
7481 1911



Land/Stone/Colour Sculptor Tim Harrison recently returned to London with stone carvings in tow for this, his first solo exhibition since 1993.

The Lobby, One Canada Square, Canary Wharf. Until May 29.

■ On April 28, curator Ann Elliott tours the exhibition with Harrison. To book a place at the free event, which runs from 6.30-7.15pm, email visualart@canarywharf.com

Comedy

Go 8-Bit!

Live stand-up and video game mash-up, part of which sees guest comics perform gaming-based sketches and songs. £9/£5.
Sun, Apr 19. 6.30-9pm.
Backyard Comedy Club, 231 Cambridge Heath Road, E2.
www.backyardbar.co.uk

Exhibitions

The Unseen

Acclaimed Welsh photographer Ed Thompson's mind-bending collection, drawn from the past five years. Free.
Until Sat, Apr 18.
Four Corners, 121 Roman Road, E2.
www.edwardthompson.co.uk

Magic Mirror

New exhibition of work by the French surrealist artist Claude Cahun and film maker Sarah Pucill. Many pieces make their London debut. Free.
Fri, Apr 17-Jun 14.
Nunnery Gallery, 181 Bow Road, E3.
www.bowarts.org/nunnery/magic-mirror

Film

The Hard Problem

Tom Stoppard's new play – about a troubled psychology researcher at a brain science institute – screened live from the National Theatre on the South Bank. £16-£13.50.
Thurs, Apr 16. 7pm.
Rich Mix, 35-47 Bethnal Green Road, E1.
7613 7498

Music

A Thousand Twangling Instruments

Grand Union Youth Orchestra and guests play as part of The Isle is Full of Noises. £6/£4.
Sun, Apr 19. 7.30pm.
Brady Arts & Community Centre, 192-196 Hanbury Street, E1.
7364 7900
www.grandunion.org.uk

Sting/Paul Simon

The legendary singer-songwriters team up and delve into both of their classic-filled back catalogues. From £45.
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Multi-talented musician

Juwon Ogungbe, a British-Nigerian multi-instrumentalist, is set to perform a composition with influences drawn from folk, township jazz, popular and art music genres from South Africa.

FOR MORE INFORMATION VISIT WWW.JUWONOGUNGBE.COM



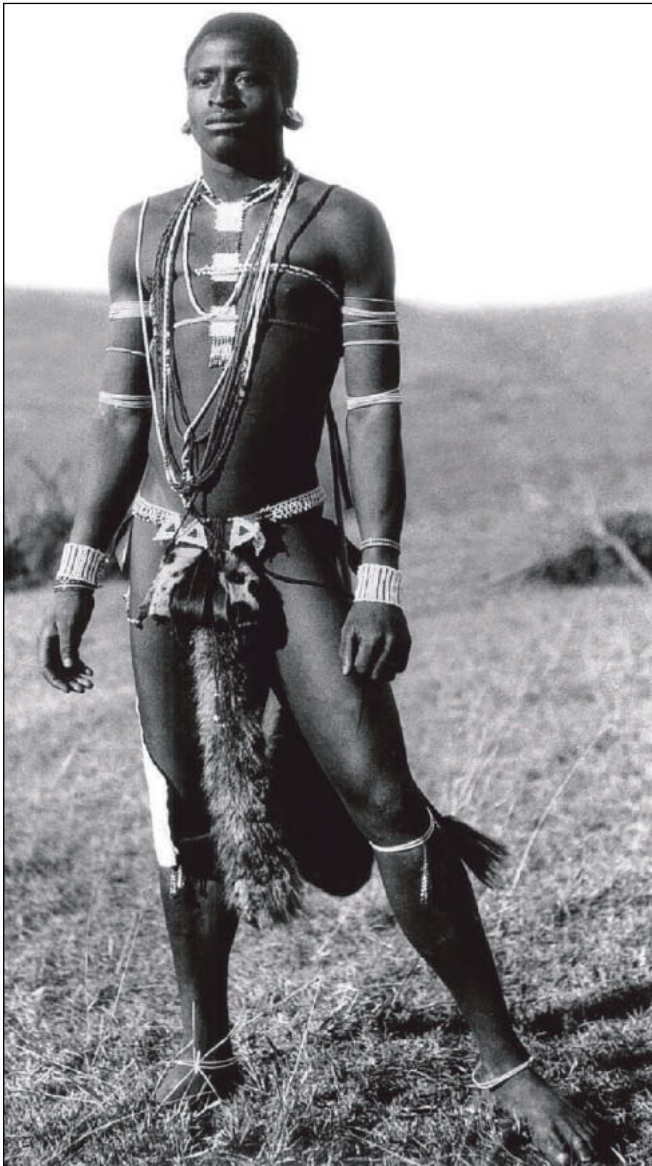
Walk the Wick

Walking tours of Hackney Wick's art quarters are being held this week.

WWW.CREATIVEWICK.COM/TOURS

Out & About

Rare screening at Wilton's



A LONG lost film based on the tale of a romantic rivalry in an African village is being shown this week at Wilton's Music Hall.

Siliva the Zulu is an hour-long picture depicting the daily life and rituals of the Zulu natives – blended with a scripted story.

The silent movie was directed by the Italian film maker and explorer Attilio Gatti in southern Africa in 1927.

This rare screening, on Friday,

April 17, is one of the final parts of South Africa at 20: The Freedom Tour, a nationwide programme of cinema to commemorate the 20th anniversary of South African democracy.

Live music will be provided by Juwon Ogungbe on piano, marimba and mbira.

Siliva the Zulu will be shown at Wilton's in Graces Alley, Wapping on Friday, April 17 at 7.30pm.

Tickets cost £10 from www.wiltons.org.uk



Greg Wohead – Celebration Florida Yard

NOW that's what we call theatre

BY JAMES MARTIN

A TEN-WEEK feast of theatre is about to open in the East End.

NOW '15, at The Yard in Hackney Wick, is an annual festival which aims to bring the best of new contemporary theatre to east London.

For 2015, The Yard has paired ten established artists with ten bright prospects for the future – as weekly double-billed shows play back-to-back.

The festival opens on the evening of Tuesday, April 14 with Reformation 9, by the performance duo Luther & Bockelson.

After an interval, they are followed by Drunken Chorus' Just Like Larry Walters, which

uses as its inspiration the story of the man in 1982 who tied 45 helium balloons to his garden chair and flew up into the sky.

All the productions are a result of an open call-out for new talent who wished to have their works seen at the Hackney Wick hub.

As well as the plays, post-show discussions and talks will be held along with live music performances.

On Saturday, April 25, Exeunt Magazine hosts an afternoon debate ahead of the General Election on May 7.

The discussion, which costs £6 to attend, includes the community theatre company London Bubble.

In past years, The Yard's

call-out has included Alexander Zeldin's Beyond Caring – based on the hot topic of zero hours contracts – and Michaela Coel's Chewing Gum Dreams.

The latter has been transferred to the National Theatre and is being made in to a television drama.

NOW '15, curated by Jay Miller, runs at The Yard Theatre, Unit 2A, Queen's Yard, Hackney Wick from Tuesday, April 14 until June 20.

Tickets to double-bill shows are £15 and it's £10 for one.

Most of the theatre shows start at 7.30pm and run from Tuesday until Saturday each week. For a full list of participants, shows and events in the festival visit www.theyardtheatre.co.uk

News in brief

Stepney writer's Radio 4 play coup

A STEPNEY writer has had a play commissioned for a coveted slot on BBC Radio 4. Community Service, written by Jonny O'Neill, is being adapted for the regular Afternoon Drama slot.

O'Neill, 29, said: "The play is set in Bow Magistrates' Court and offers a taste of modern-day east London. I'm just excited to have my work heard on such a big platform."

In what marks a busy period for the writer, O'Neill's second EastEnders episode is set to air on Monday, April 27.

WWII fundraiser

MILE End's independent cinema, Genesis, is teaming up with the Stairway to Heaven Memorial Trust for a party to raise funds for the monument.

This Friday, April 17 the picture house is inviting guests to dress in '40s wartime attire for the bash, which starts at 7pm in Bar Paragon.

The Swing Dance Society is set to perform live and there will be a screening of Somi De Souza's short film I Remember, I Remember, along with a Q&A with the director.

Tickets cost £10 (including a free drink) and can be booked at www.genescinema.co.uk or by calling 7780 2000.

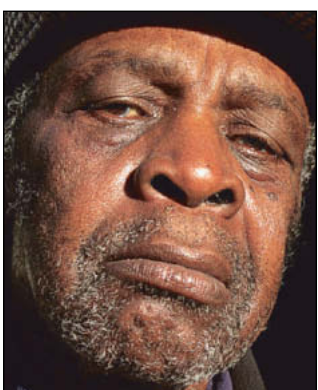
£5 from each ticket will go to the Stairway to Heaven Memorial Trust, which still needs funds to complete, and then maintain, the memorial in Bethnal Green Gardens for the 173 victims of the Tube station disaster in 1943.

Acme Studios boss

JONATHAN Harvey, co-founder and chief executive of the historic Acme Studios in Bow, has announced he will stand down next year.

Since 1972 Harvey and David Panton have led the organisation, which provides affordable studio space for artists.

Harvey has overseen the charity's rise from two derelict shops – on Devons Road, Bow – to 16 properties and 620 studios today.



Faces of 15 East End families

THE essence of 15 east London families has been captured in a new mixed-form exhibition at Mile End Park.

Me You Us, which opens at the park's Art Pavilion on Thursday, April 16, features a collection of portraits, self-portraits and

photographs. Stills were created over a period of 12 weeks by members of the families of those involved in the display.

The PhotoSpeak project was led by artist Liz Clough, photographer Jacqueline McCullough and theatre practitioner Leanne McLeish.

Previously, in 2013, PhotoSpeak created 50 photographic portraits of east London women and interviewed more than 100 women to find out their hopes for a future generation.

The Me You Us exhibition runs at the Art Pavilion in

Mile End Park, Clinton Road, E3, from this Thursday until Friday, April 24.

For more information call 7364 3115 or visit photospeak.blog.wordpress.com

(Left) Sid photographed by Mark Bettis

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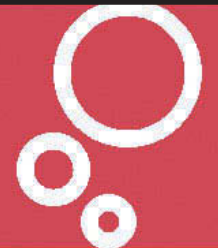
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Investing in Bethnal Green Library



What's happening?

As part of the Council's programme of investment in the Idea Stores and libraries, the Grade II listed Bethnal Green Library will soon be undergoing refurbishment and the heating system will be replaced and upgraded. This essential work will be carried out over the next six months and will result in:

- an upgraded adult reading space, children's library, surfing space and improved free WiFi.
- better services for the public through the exciting range of in-store and online Idea Store services.
- rooms available to hire for local community groups and businesses.

The scheduled works mean that the library will be temporarily closed from Monday 20 April until the end of September 2015.

Where can I go while the library is temporarily closed?

During this time, you will be able to access the full range of library, learning and information services from nearby Idea Store Whitechapel (321 Whitechapel Road, London E1 1BU) and Idea Store Bow (1 Gladstone Place, Roman Road, London E3 5ES).

Where can I find out about the works?

Information about the scheduled work is on our website **www.ideastore.co.uk**. Contact us by email: **ideastore@towerhamlets.gov.uk**





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Eating out, eating in

Fun, fine dining... with or without the rum

BY TEA TOTALLER

LIKE a trip to Dublin without Guinness, our visit to Rum & Sugar would not feature any of the sticky and sweet libations.

To be fair, it was barely noon on a midweek day in the Docklands.

So while more than 150 delicious-looking rums graced the drinks menu, our sole interest was in the bar and restaurant's 'classic British cuisine cooked with a modern twist'.

Rum & Sugar is situated in the Museum of London Docklands' grade I-listed building on the North Quay under the shadow of Canary Wharf.

The former warehouse for the West India Dock Company was built in the 19th century – where cargoed sugar, booze and coffee were held.

Today the decor reflects its prosaic past.

It's all high industrial ceilings, exposed brickwork and plenty of space, filled in part by stacked rum barrels.

And after my companion and



Rum & Sugar is in a former warehouse

I had taken our seats in the airy surrounds, our eyes were caught by the lunchtime special on the straightforward menu – a main course and drink for £10.

Given the swanky surrounds (and considering that the kitchen is headed by Michelin-starred chef Joe Howley), it seemed no rum deal.

For the review's sake, we shared a soup starter – roast parsnip soup with curry oil.

This was preceded by a

couple of hunks of fresh, warm bread. According to our friendly waitress, the balsamic vinegar in the dip had been reduced to give a sweeter taste.

Small details, but ones that helped make Rum & Sugar a winner.

Our soup arrived promptly; the curry oil mixed beautifully with the parsnip, taking the edge off what can be an overpowering veggie.

Not long after, the mains

arrived. I'd ordered the Billingsgate haddock and chips; my guest the cheeseburger.

The fish came wrapped in a bulbous, battered jacket. It was a generous portion and the haddock was light and fresh tasting, while the mushy peas had an unexpected-but-not-unwelcome pasty texture.

Naturally the chips were hand-cut and rustic.

Meanwhile the burger had a big, juicy red heart and met no complaints from my guest.

I was later assured the dark chocolate and orange cake was equally fine, but this visitor was already too full for afters.

The bill came to £33, including a discretionary service charge of ten per cent, which was totted up before the lunchtime discount.

Still, it remained reasonably-priced fine-dining.

And I'd not expected to have so much fun without any rum or sugar.

■ **Rum & Sugar is at No.1 Warehouse, West India Quay, Canary Wharf, E14 (closed Mondays). Tel: 7538 2702.**

Stir up a healthy dinner in minutes

AS the first charity to create awareness of the link between diet and cancer risk, World Cancer Research Fund produces all kinds of healthy recipes – including offerings for the Great Grub Club, a free club for 4 to 7-year-olds in Tower Hamlets and Hackney.

On joining, kids receive the Passport to Good Health mem-

bership pack and a free quarterly magazine to help them develop healthy habits. For more information visit www.greatgrubclub.com or to sign up call 7343 4200 or email foodsmart@wcrf.org.

This light and healthy dish is perfect for a weekday – it takes a matter of minutes to prepare.

If you want some heat add a little chilli. Contains 2.5 of your 5 A DAY.

Turkey stir fry with broccoli and pak choi – serves 2

Ingredients

1 tbsp hoisin sauce
1 tbsp reduced-salt tomato ketchup
1 tbsp rice wine vinegar
1-2 garlic cloves, crushed
2cm root ginger, peeled and grated
1 tbsp vegetable oil

160g diced turkey breast
160g broccoli, cut into florets
120g mushrooms, sliced
100g pak choi, leaves cut into quarters, lengthways
300g packet fresh or quick-cook wheat noodles
1 spring onion, trimmed and finely sliced (for garnish)

Method

1. Make the sauce by combining the hoisin sauce, ketchup, vinegar, garlic and ginger in a small bowl. Set aside for later use.
2. Warm the oil in a wok or large frying pan over a high heat. Add the turkey and stir fry until browned on all sides.
3. Add the mushrooms and

broccoli stir for 2 minutes. Add the pak choi and noodles, and stir for a further 1 minute.
4. Pour the sauce into the pan mix, coating all the ingredients. Reduce the heat and simmer for 3-4 minutes until piping hot and the turkey is cooked through.
5. Scatter the spring onion (optional) on top.

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Recommendation from a star

"These stunning and perpetually cheerful shrubs flower in all sorts of vibrant colours during spring. I would recommend that anyone make a space in their garden for rhododendrons."

SEE BELOW

Don't delay

Housing Options works to prevent homelessness and can help if you get in touch sooner, rather than later.

SEE BELOW

Property

The council's Housing Options service provides advice and support to people who are homeless, or under threat of losing their home. **Sam Gough** spoke to just one of the many people it has been able to help.

How help turned a drug dealer into an inspirational speaker

GREGORY first approached the Housing Options team when he became homeless in 2009.

"I was having problems at home with my mum," he said.

"I had started to mix with the wrong crowd and had lost my way in life, not caring about getting a job, or even my own safety.

"I was scared that they'd find out that I was involved in drug dealing and I was concerned that my family could be used by my mates and my gang member associates as a way of controlling me."

Gregory did not want to live in a hostel with other young men in case they also had gang affiliations. He was convinced that he could get accommodation from a private landlord and was given advice and assistance to help him do that.

But events did not turn out as he had hoped. Gregory returned to Housing Options in 2012, and it turned out that he had been 'sofa surfing' since his last visit in 2009 – staying with friends and family but never in one place for any reasonable length of time.

Gregory was in a low mood,



The Housing Options outreach team can help people before they become homeless

he had poor eye contact and had lost a lot of weight.

He said his mum had recently been diagnosed with cancer and he didn't know who to talk to as he was not close to his extended family.

He had been shutting his emotions down to protect himself, and felt completely drained – emotionally and physically.

Gregory wanted to talk about his experiences over the last three years but couldn't because he was angry and anxious.

"Faced with the worry that my mother could die, and the relationship I had with her, I began to self-medicate with cocaine and MDMA," he said.

Gregory said that, at times, he had slept on the streets.

He was in desperate need of accommodation but the council quickly realised he needed more than just a roof over his head.

He was recognised as needing supported accommodation, where residents get a range of

support services to help them get back on their own two feet. He was also guided to support agencies to help him deal with his mum's diagnosis.

Gregory was interviewed by the Housing Options team and referred to one of the young people services in the borough where he was assigned a support worker.

He soon realised that he needed to change his approach to managing his stress and started attending Narcotics

Anonymous on a weekly basis.

He was assigned a personal mentor to further assist him with becoming drug-free. He worked hard to turn his life around and was accessing all the support he could to enable him to learn about himself and make the correct life choices.

Gregory grew to realise that he had never thought about his future because he actually never expected to have one.

The support he received enabled him to start planning and working towards having a settled home and prospects of employment.

He is now able to spend time with his family members and appreciates the role they play in his life.

"For the first time, I feel in control of my life and my future. I have just undertaken an apprenticeship scheme in carpentry – which is exactly what I want to do. Thanks to the Housing Options service, I've managed to get my life back on track."

In the summer of 2013, Gregory moved out of supported housing and into self-contained accommodation.

He is now working for a housing association as a

carpenter and continues to study this trade.

He also volunteers as a mentor and delivers inspirational talks to young people who, like him, have their lost way.

Help from Housing Options

If any of the issues in Gregory's story apply to you, you can contact Housing Options in a number of ways. In the first instance, call 7364 7474.

If you cannot phone, you can go along to the office at Albert Jacob House, 62 Roman Road, Bethnal Green, Monday to Friday, from 9.30am to 4pm. You can also email homeless@towerhamlets.gov.uk

A spokesman emphasised: "One important message – do not wait until you are at crisis point. Our ability to help people and to try to prevent their homelessness is improved if we are given the opportunity to assist as soon as possible.

"It gives us more time to possibly help you remain in your home, or assist you in finding accommodation in the private sector, maybe with some help towards any rent deposit."

Brighten up the shadows with this ancient bloom

Plant of the month from the Horticultural Trades Association

BRIGHTEN up the shadier parts of the garden this springtime with a rhododendron.

Meaning rose tree in ancient Greek, the evergreen and deciduous plant is in the same family as azaleas which are

ideal for smaller gardens. Rhododendrons prefer acidic soil and sheltered conditions and grow best in areas with high rainfall with moist, but well drained soil.

Compact hybrid rhododendrons can be planted in containers and in more alkaline soil. While dwarf alpine are very effective in rock gardens, larger rhododendrons are best left for woodland gardens.

Top tip – don't plant too

deep. The top of the root ball should be at the surface of the ground in ideal planting sites, or an inch or two above the surface of the ground in less than ideal sites or in raised beds.

Those looking for springtime companion plants to complement the rhododendron are recommended to choose from: pheasant eye daffodils (*Narcissus poeticus*) with pure white petals and small, red-rimmed

yellow cups; corydalis China Blue with light blue flowers in clusters of leafy stems; or euphorbia Silver Swan, a striking foliage plant with variegated silvery leaves and green and white flowering bracts.

Rhododendron will survive in most acidic soils and need hardly any pruning. Most garden are evergreen so their deep, glossy leaves will provide colour, even in the depths of winter.



Actress Frances Tophill with rhododendron blooms

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Key for Accessible Housing Register

Some people require a home that is accessible. These homes are coded as follows:

Category	Description
A Wheelchair Accessible	Purpose built to meet most recent wheelchair housing standards
B Partially Wheelchair Accessible	Designed to older wheelchair housing standards
C Life time Homes	Specifically designed to create an accessible and adaptable home
D Easy Access	Designed to be spacious with no steps to the property
E Step-free	General housing with no steps to the property
F General Housing	Does not meet requirements for other categories
G Not assessed	Property not yet had access survey

Vulnerable applicants who need help and information regarding their housing application and with finding suitable accessible and/or adapted homes, contact the Lettings Client Support Team on 020 7364 0204 / 0206 / 0209.



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Permit Transfer Scheme: for residents moving to 3 bedroom or larger social rented car free homes

The Mayor of Tower Hamlets introduced the new Permit Transfer Scheme (PTS) to operate from 5 September 2011 to help to reduce the levels of overcrowding in social rented housing in the borough. The PTS helps some families move to larger social rented car free homes by allowing them to retain one on-street resident car parking permit, subject to the PTS criteria as outlined below being met. The PTS is a change in the operation of the Council's existing on-street Residents' Parking Permit Scheme.

CAR FREE HOMES No on-street residents' parking permits issued

The Council's 'car free homes' planning policy was introduced in Tower Hamlets in the late 1990s to help reduce traffic congestion and better manage the limited supply of on-street parking spaces. This initiative also helps to reduce the level of air pollution from motor vehicles and encourages more people to walk, cycle and go by public transport.

The Transport for London (TfL) Cycle Hire scheme (www.tfl.gov.uk/cycling) and local pay-as-you-go car clubs (www.carplus.org.uk) are also now available in Tower Hamlets to help you get around in healthier, greener ways.

If you live in a car free home, you will not be able to apply for on-street residents' car parking permits, unless you hold a disabled driver's blue badge or are eligible under the Permit

Transfer Scheme (PTS), which is targeted at social rented housing residents. The criteria for the PTS is as follows:

1. applies to residents moving to 3 bedroom or larger social rented car free homes;
2. only one on-street resident parking permit per household is permitted;
3. you must have held your on-street car parking permit for at least 1 year prior to moving home;
4. your on-street parking permit must be renewed and **not lapse to remain eligible** under the scheme;
5. the tenant is responsible for providing proof of PTS eligibility to Parking Services (including a duly signed and dated Tower Hamlets Homes or housing association approved tenancy agreement); and

6. the PTS was introduced on (and operates from) 5 September 2011 by Tower Hamlets Council and **is not retrospective**.

Residents in car free homes can apply for a temporary parking permit for visiting trades people for £5 a day. To qualify, written proof of the work to be carried out must be provided, along with the vehicle's details. Each home can apply for a maximum of 20 one-day-permits within a 6 month period.

Alternatively, scratchcards are available for trades people and visitors, providing parking for up to five hours on weekdays and all day on weekends. Households can apply for up to 3 books of 10 scratchcards per year. For permit charges and information, visit www.towerhamlets.gov.uk/parking

 SHELTERED Accessible Category E HOGARTH COURT, BATTY STREET, E1 Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets not permitted • Over 60's or over 55's with a disability • One week's advance rent required at sign up of tenancy Eligibility : Min Client Age 55 £143.87, Weekly - Social Rent Landlord: Southern Housing Group Property Ref: 32141	 OVER 50's Accessible Category F EMMOTT CLOSE, E1 Flat • 1 Bed 2 Person • 2nd floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted • Heating & hot water included in charges Eligibility : Min Client Age 50 £131.33, Weekly - Social Rent Landlord: Tower Hamlets Council Property Ref: 32145	 OVER 50's Accessible Category F BURCHAM STREET, E14 Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Permit parking • Pets with landlords permission • One week's advance rent required at sign up of tenancy Eligibility : Min Client Age 50 £0.00, Rent to be advised Landlord: Poplar HARCA Property Ref: 32128	 1 BEDROOM Accessible Category F O'LEARY SQUARE, E1 Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • One lift • Entryphone • Wet room (walk in shower) • GCH • No garden • Permit parking • Pets permitted • Heating & hot water included in charges £118.29, Weekly - Social Rent Landlord: Tower Hamlets Council Property Ref: 32121	 1 BEDROOM Accessible Category F DENNING POINT, COMMERCIAL STREET, E1 Flat • 1 Bed 2 Person • 4th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking, Property is in congestion zone • Pets not permitted £117.31, Weekly - Social Rent Landlord: EastendHomes Property Ref: 32078
 1 BEDROOM Accessible Category F KILDARE WALK, E14 Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Wet room (walk in shower) • GCH • No garden • Permit parking • Pets with landlords permission • One week's advance rent required at sign up of tenancy £0.00, Rent to be advised Landlord: Poplar HARCA Property Ref: 32122	 1 BEDROOM Accessible Category C JESSOP BUILDING, DOMINION WALK, E14 Flat • 1 Bed 2 Person • 6th floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years. £165.68, Weekly - Social Rent Landlord: Genesis Housing Association Property Ref: 32092	 1 BEDROOM Accessible Category C JESSOP BUILDING, DOMINION WALK, E14 Flat • 1 Bed 2 Person • 7th floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years. £181.76, Weekly - Social Rent Landlord: Genesis Housing Association Property Ref: 32100	 1 BEDROOM Accessible Category C JESSOP BUILDING, DOMINION WALK, E14 Flat • 1 Bed 2 Person • 8th floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years. £162.40, Weekly - Social Rent Landlord: Genesis Housing Association Property Ref: 32107	 1 BEDROOM Accessible Category F AGATHA CLOSE, E1W Flat • 1 Bed 2 Person • 1st floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted £121.72, Weekly - Social Rent Landlord: Tower Hamlets Council Property Ref: 32123
 1 BEDROOM Accessible Category G BRADBEER HOUSE, CORNWALL AVENUE, E2 Flat • 1 Bed 2 Person • 4th floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets not permitted PREFERENCE TO HOUSING MOVES APPLICANTS £0.00, Rent to be advised Landlord: Affinity Sutton Property Ref: 32085	 1 BEDROOM Accessible Category F PEPYS HOUSE, KIRKWALL PLACE, E2 Flat • 1 Bed 2 Person • 2nd floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted £109.49, Weekly - Social Rent Landlord: Tower Hamlets Council Property Ref: 32136	 1 BEDROOM Accessible Category F HEDSOR HOUSE, LIGONIER STREET, E2 Flat • 1 Bed 2 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted £116.70, Weekly - Social Rent Landlord: Tower Hamlets Council Property Ref: 32137	 1 BEDROOM Accessible Category F GILLMAN HOUSE, PRITCHARDS ROAD, E2 Flat • 1 Bed 2 Person • Ground Floor • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets not permitted £130.02, Weekly - Social Rent Landlord: Spitalfields HA Property Ref: 32139	 1 BEDROOM Accessible Category F ROSEBERY HOUSE, SEWARDSTONE ROAD, E2 Flat • 1 Bed 2 Person • 2nd floor • Separate kitchen • No Lift • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted PREFERENCE TO HOUSING MOVES APPLICANTS £116.40, Weekly - Social Rent Landlord: Tower Hamlets Council Property Ref: 32082
 1 BEDROOM Accessible Category F DORRINGTON POINT, BROMLEY HIGH STREET, E3 Flat • 1 Bed 2 Person • 10th floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets with landlords permission • One week's advance rent required at sign up of tenancy £0.00, Rent to be advised Landlord: Poplar HARCA Property Ref: 32133	 2 BEDROOMS Accessible Category F BEWLEY HOUSE, BEWLEY STREET, E1 Flat • 2 Bed 3 Person • 4th floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted £128.61, Weekly - Social Rent Landlord: Tower Hamlets Council Property Ref: 32080	 2 BEDROOMS Accessible Category F LUKE HOUSE, TILLMAN STREET, E1 Flat • 2 Bed 4 Person • 14th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Residents parking scheme • Pets not permitted • Children must be 10 years over £140.74, Weekly - Social Rent Landlord: Tower Hamlets Community Housing Property Ref: 32144	 2 BEDROOMS Accessible Category F SPELMAN STREET, E1 Flat • 2 Bed 3 Person • 1st floor • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • Check heating on viewing • No garden • Permit parking • Pets not permitted £144.10, Weekly - Social Rent Landlord: Spitalfields HA Property Ref: 32138	 2 BEDROOMS Accessible Category F PEABODY BUILDINGS BLOCK I, JOHN FISHER STREET, E1 Flat • 2 Bed 4 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years • One week's advance rent required at sign up of tenancy £137.18, Weekly - Social Rent Landlord: Peabody Property Ref: 32146
 2 BEDROOMS Accessible Category F CARMICHAEL HOUSE, POPLAR HIGH STREET, E14 Flat • 2 Bed 4 Person • 3rd floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted £124.79, Weekly - Social Rent Landlord: Tower Hamlets Council Property Ref: 32135	 2 BEDROOMS Accessible Category D WHARFSIDE POINT NORTH, POPLAR HIGH STREET, E14 Flat • 2 Bed 3 Person • 3rd floor • Open plan kitchen • One lift • Bathroom with W/C • Electric radiators • Balcony • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years except for those currently holding a Secure or Assured social housing tenancy £194.56, Weekly - Social Rent Landlord: Genesis Housing Association Property Ref: 32086	 2 BEDROOMS Accessible Category F MERMAID HOUSE, BAZELY STREET, E14 Flat • 2 Bed 4 Person • 2nd floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets permitted £121.23, Weekly - Social Rent Landlord: Tower Hamlets Council Property Ref: 32132	 2 BEDROOMS Accessible Category F HIND GROVE, E14 Flat • 2 Bed 4 Person • 1st floor • Separate kitchen • No Lift • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets with landlords permission • One week's advance rent required at sign up of tenancy £0.00, Rent to be advised Landlord: Poplar HARCA Property Ref: 32125	 2 BEDROOMS Accessible Category F UAMVAR STREET, E14 Flat • 2 Bed 3 Person • Ground Floor • Separate kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets with landlords permission • One week's advance rent required at sign up of tenancy £0.00, Rent to be advised Landlord: Poplar HARCA Property Ref: 32127

 2 BEDROOMS Accessible Category C JESSOP BUILDING, DOMINION WALK, E14 Flat • 2 Bed 4 Person • 6th floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years. £191.12, Weekly - Social Rent Landlord: Genesis Housing Association Property Ref: 32093	 2 BEDROOMS Accessible Category C JESSOP BUILDING, DOMINION WALK, E14 Flat • 2 Bed 3 Person • 6th floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years. £179.14, Weekly - Social Rent Landlord: Genesis Housing Association Property Ref: 32095	 2 BEDROOMS Accessible Category C JESSOP BUILDING, DOMINION WALK, E14 Flat • 2 Bed 3 Person • 6th floor • New build • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years. £195.76, Weekly - Social Rent Landlord: Genesis Housing Association Property Ref: 32096	 2 BEDROOMS Accessible Category C JESSOP BUILDING, DOMINION WALK, E14 Flat • 2 Bed 3 Person • 7th floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years. £187.79, Weekly - Social Rent Landlord: Genesis Housing Association Property Ref: 32101	 2 BEDROOMS Accessible Category C JESSOP BUILDING, DOMINION WALK, E14 Flat • 2 Bed 4 Person • 8th floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years. £191.12, Weekly - Social Rent Landlord: Genesis Housing Association Property Ref: 32108
 2 BEDROOMS Accessible Category C JESSOP BUILDING, DOMINION WALK, E14 Flat • 2 Bed 4 Person • 10th floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years. £191.12, Weekly - Social Rent Landlord: Genesis Housing Association Property Ref: 32113	 2 BEDROOMS Accessible Category C JESSOP BUILDING, DOMINION WALK, E14 Flat • 2 Bed 3 Person • 8th floor • New build • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years. £195.76, Weekly - Social Rent Landlord: Genesis Housing Association Property Ref: 32129	 2 BEDROOMS Accessible Category C JESSOP BUILDING, DOMINION WALK, E14 Maisonette • 2 Bed 3 Person • 1st floor • New build • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • Balcony • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years. Advert represents 2 properties £191.18, Weekly - Social Rent Landlord: Genesis Housing Association Property Ref: 32088	 2 BEDROOMS Accessible Category G FLORIDA STREET, E2 Flat • 2 Bed 4 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • Private garden • Car free home • Pets not permitted • Ramp to front door • Water meter £134.60, Weekly - Social Rent Landlord: Tower Hamlets Community Housing Property Ref: 32143	 2 BEDROOMS Accessible Category F JEREMY BENTHAM HOUSE, POLLARD STREET, E2 Maisonette • 2 Bed 4 Person • 2nd floor • Separate kitchen • No Lift • Bathroom with W/C • GCH • No garden • Residents parking scheme • Pets not permitted £146.58, Weekly - Social Rent Landlord: Tower Hamlets Community Housing Property Ref: 32142
 3 BEDROOMS Accessible Category G SKEGGS HOUSE, GLENGALL GROVE, E14 Maisonette • 3 Bed 5 Person • 3rd floor • Separate kitchen • One lift • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years except for those currently holding a Secure or Assured social housing tenancy £174.27, Weekly - Social Rent Landlord: One Housing Group Property Ref: 32140	 3 BEDROOMS Accessible Category C JESSOP BUILDING, DOMINION WALK, E14 Flat • 3 Bed 5 Person • 6th floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C and Additional W/C • GCH • Balcony • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years. £209.18, Weekly - Social Rent Landlord: Genesis Housing Association Property Ref: 32094	 3 BEDROOMS Accessible Category C JESSOP BUILDING, DOMINION WALK, E14 Flat • 3 Bed 5 Person • 7th floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C and Additional W/C • GCH • Balcony • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years. Advert represents 3 properties £210.88, Weekly - Social Rent Landlord: Genesis Housing Association Property Ref: 32097	 3 BEDROOMS Accessible Category C JESSOP BUILDING, DOMINION WALK, E14 Flat • 3 Bed 6 Person • 8th floor • New build • Separate kitchen • One lift • Entryphone • Bathroom with W/C and Additional W/C • GCH • Balcony • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years. £210.76, Weekly - Social Rent Landlord: Genesis Housing Association Property Ref: 32104	 3 BEDROOMS Accessible Category C JESSOP BUILDING, DOMINION WALK, E14 Flat • 3 Bed 5 Person • 8th floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C and Additional W/C • GCH • Balcony • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years. £209.18, Weekly - Social Rent Landlord: Genesis Housing Association Property Ref: 32109
 3 BEDROOMS Accessible Category C JESSOP BUILDING, DOMINION WALK, E14 Flat • 3 Bed 5 Person • 9th floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C and Additional W/C • GCH • Balcony • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years. Advert represents 2 properties £209.18, Weekly - Social Rent Landlord: Genesis Housing Association Property Ref: 32111	 3 BEDROOMS Accessible Category C JESSOP BUILDING, DOMINION WALK, E14 Flat • 3 Bed 5 Person • 10th floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C and Additional W/C • GCH • Balcony • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years. Advert represents 2 properties £209.18, Weekly - Social Rent Landlord: Genesis Housing Association Property Ref: 32114	 3 BEDROOMS Accessible Category C JESSOP BUILDING, DOMINION WALK, E14 Flat • 3 Bed 5 Person • 11th floor • New build • Open plan kitchen • One lift • Entryphone • Bathroom with W/C and Additional W/C • GCH • Balcony • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years. Advert represents 3 properties £210.14, Weekly - Social Rent Landlord: Genesis Housing Association Property Ref: 32116	 3 BEDROOMS Accessible Category C JESSOP BUILDING, DOMINION WALK, E14 Flat • 3 Bed 5 Person • 9th floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C and Additional W/C • GCH • Balcony • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years. £210.88, Weekly - Social Rent Landlord: Genesis Housing Association Property Ref: 32130	 3 BEDROOMS Accessible Category F PAKENHAM HOUSE, WELLINGTON ROW, E2 Flat • 3 Bed 5 Person • 1st floor • Separate kitchen • Two lifts • Entryphone • Separate Bathroom and W/C • GCH • No garden • Permit parking • Pets permitted £143.07, Weekly - Social Rent Landlord: Tower Hamlets Council Property Ref: 32124
 3 BEDROOMS Accessible Category C BARBER COURT, VIOLET ROAD, E3 Flat • 3 Bed 5 Person • 2nd floor • New build • Open plan kitchen • One lift • Entryphone • Separate Bathroom and W/C • GCH • Balcony • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years • One week's advance rent required at sign up of tenancy £181.32, Weekly - Social Rent Landlord: Peabody Property Ref: 32079	 4 BEDROOMS Accessible Category C JESSOP BUILDING, DOMINION WALK, E14 Flat • 4 Bed 7 Person • 7th floor • New build • Separate kitchen • One lift • Entryphone • Bathroom with W/C • Additional Bathroom/ WC • GCH • Balcony • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years £223.94, Weekly - Social Rent Landlord: Genesis Housing Association Property Ref: 32098	 4 BEDROOMS Accessible Category C JESSOP BUILDING, DOMINION WALK, E14 Flat • 4 Bed 7 Person • 7th floor • New build • Separate kitchen • One lift • Entryphone • Bathroom with W/C • Additional Bathroom/ WC • GCH • Balcony • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years. £207.80, Weekly - Social Rent Landlord: Genesis Housing Association Property Ref: 32099	 4 BEDROOMS Accessible Category C JESSOP BUILDING, DOMINION WALK, E14 Flat • 4 Bed 7 Person • 8th floor • New build • Separate kitchen • One lift • Entryphone • Bathroom with W/C • Additional Bathroom/ WC • GCH • Balcony • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years. Advert represents 2 properties £223.94, Weekly - Social Rent Landlord: Genesis Housing Association Property Ref: 32105	 4 BEDROOMS Accessible Category C JESSOP BUILDING, DOMINION WALK, E14 Flat • 4 Bed 7 Person • 9th floor • New build • Separate kitchen • One lift • Entryphone • Bathroom with W/C • Additional Bathroom/ WC • GCH • Balcony • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years. £223.88, Weekly - Social Rent Landlord: Genesis Housing Association Property Ref: 32110



4 BEDROOMS

Accessible Category C

JESSOP BUILDING, DOMINION WALK, E14

Flat • 4 Bed 7 Person • 11th floor • New build • Separate kitchen • One lift • Entryphone • Bathroom with W/C • Additional Bathroom/WC • GCH • Balcony • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

Advert represents 2 properties

£223.88, Weekly - Social Rent
Landlord: Genesis Housing Association

Property Ref: 32117



4 BEDROOMS

Accessible Category C

JESSOP BUILDING, DOMINION WALK, E14

Flat • 4 Bed 7 Person • 9th floor • New build • Separate kitchen • One lift • Entryphone • Bathroom with W/C • Additional Bathroom/WC • GCH • Balcony • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

£223.94, Weekly - Social Rent
Landlord: Genesis Housing Association

Property Ref: 32131



4 BEDROOMS

Accessible Category C

JESSOP BUILDING, DOMINION WALK, E14

Maisonette • 4 Bed 7 Person • 1st floor • New build • Separate kitchen • One lift • Entryphone • Bathroom with W/C • Additional Bathroom/WC • GCH • Balcony • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

£241.93, Weekly - Social Rent
Landlord: Genesis Housing Association

Property Ref: 32090



5 BEDROOMS

Accessible Category C

OLD CASTLE STREET, E1

Maisonette • 5 Bed 8 Person • Ground Floor • New build • Separate kitchen • No Lift • Bathroom with W/C and Additional W/C, Wet room (walk in shower) • GCH • Private garden • Car free home, Property is in congestion zone • Pets not permitted

£172.17, Weekly - Social Rent
Landlord: EastendHomes

Property Ref: 32148



5 BEDROOMS

Accessible Category C

JESSOP BUILDING, DOMINION WALK, E14

Maisonette • 5 Bed 9 Person • 1st floor • New build • Separate kitchen • One lift • Entryphone • Bathroom with W/C • Additional Bathroom/WC • GCH • Balcony • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

£251.83, Weekly - Social Rent
Landlord: Genesis Housing Association

Property Ref: 32087



5 BEDROOMS

Accessible Category C

JESSOP BUILDING, DOMINION WALK, E14

Maisonette • 5 Bed 8 Person • 1st floor • New build • Separate kitchen • One lift • Entryphone • Bathroom with W/C • Additional Bathroom/WC • GCH • Balcony • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

£259.58, Weekly - Social Rent
Landlord: Genesis Housing Association

Property Ref: 32091

Reminder

Please respect people's privacy by not attempting to access advertised properties or knocking at neighbouring homes. This causes a nuisance and may distress some individuals.



1. Internet Bidding –
Just log on to
www.thhs.org.uk



2. Telephone Bidding –
Simply call
0845 270 2400

AFFORDABLE RENT PROPERTIES

Changes to Government policy mean that Housing Associations have been forced to charge higher rents on some properties. In addition not all tenancies will be tenancies for life. Please note the rent level and length of tenancy offered on the following homes.

You are advised to check the Homeseekers website at www.thhs.org.uk for further information.



AFFORDABLE RENT

Accessible Category G

ELLESMERE ROAD, E3

Flat • 1 Bed 2 Person • Ground Floor • Separate kitchen • No Lift • Bathroom with W/C • Check heating on viewings • Shared garden • Permit parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

PREFERENCE TO HOUSING MOVES APPLICANTS

£188.20, Weekly - Affordable Rent
Landlord: Circle 33 HA

Property Ref: 32081



AFFORDABLE RENT

Accessible Category E

EAST INDIA DOCK ROAD, E14

Flat • 2 Bed 3 Person • 1st floor • Open plan kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

£212.00, Weekly - Affordable Rent
Landlord: One Housing Group

Property Ref: 32134



AFFORDABLE RENT

Accessible Category G

SATURN HOUSE, GARRISON ROAD, E3

Flat • 1 Bed 2 Person • 3rd floor • Separate kitchen • One lift • Entryphone • Bathroom with W/C • GCH • No garden • Permit parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

£155.47, Weekly - Affordable Rent
Landlord: OLD FORD HA

Property Ref: 32084



AFFORDABLE RENT

Accessible Category G

KNAPP ROAD, E3

Flat • 1 Bed 2 Person • Ground Floor • Open plan kitchen • No Lift • Entryphone • Bathroom with W/C • GCH • No garden • Car free home • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

£135.63, Weekly - Affordable Rent
Landlord: One Housing Group

Property Ref: 32147



AFFORDABLE RENT

Accessible Category G

CLARE HOUSE, HAWTHORN AVENUE, E3

Flat • 2 Bed 4 Person • 13th floor • Separate kitchen • One lift • Entryphone • Separate Bathroom and W/C • Electric radiators • No garden • Permit parking • Pets not permitted • Fixed Term. This is a fixed term tenancy of 5 years.

£228.63, Weekly - Affordable Rent
Landlord: OLD FORD HA

Property Ref: 32083

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35 Hours/Week
Salary: £15,671.25 per annum
Mainly Term Times Only

Level 3 childcare qualification acceptable to OFSTED on QCA framework of qualifications or equivalent. A minimum of one years' experience of working with children aged 2-5 years of age.

For an application pack please send in an A4 90p stamped addressed envelope to
Early Years Network Tower Hamlets
15 Kelsey Street, London E2 6HD
Or email: recruitment@eynth.org.uk

Closing Date: 1st May 2015



Experienced Bengali-speaking carers needed urgently for on-going work within the East London area



- Live in carers needed to provide assistance and support to the service user in their own home 24 hours a day, 7 days a week.
- Excellent rates of pay
- Flexible working hours available
- On-going work

Basic verbal and written English required
All candidates will be referenced and a DBS check will need to be completed.

Please call Ray
to book and
interview on
020 8503 0033

Smart Training

Want to work in childcare?

Boost your employment chances with a training course

Aged 16-24 and looking to get started in a childcare career?

Then study for free* for a Childcare

Traineeship with Smart Training.

Training is weekly in East London.

- High quality childcare placement
- Get tuition to improve your Maths and English
- Improve your interview skills
- Get help with job searching
- Gain a Certificate in Work Skills.



*Depending on your existing qualifications. You must have lived in the UK or European Union for the last three years.

Interested? Text SMART to 80800, email
start@smart-training.com or phone 020 3700 4294.

www.smart-training.com/jobsandadvice

Did you know...
you could place an
advert here for as little as
£72 + VAT?

To place your Public notices in East End Life call.. **Terri on 7364 4682**
Chris on 7364 4994
Fatima on 7364 4623
Sharan on 7364 4061

Career Opportunities

All boroughs are unique. Many are vibrant and multicultural. Some have a rich historical background. Others have a modern edge. Tower Hamlets is all of these - it's got the TH buzz that's felt by those who live and work here....



Senior Auditor - Contract Audit

Resources Directorate
Ref: RES00283 | 12 months FTC
Closing date: 26.4.15

£39,069 - £41,811
per annum

Social Worker

Education, Social Care and Wellbeing Directorate
Ref: ESW00519 | 6 months FTC with poss. to extend
Closing date: 19.04.15

£32,157 - £41,811
per annum

For more information and to apply for these and other career opportunities, please visit the Tower Hamlets website.

www.towerhamlets.gov.uk/careers

We shall ensure fairness and equal opportunities throughout our workforce and in service delivery. We welcome applications from suitably skilled candidates regardless of ethnicity, gender, disability, sexuality, religion or age.



INVESTORS
IN PEOPLE | Silver



Support Workers – Bengali Speaking

Zero Hours Contract

Outreach & Supported Living Services - Tower Hamlets

£8.10 per hour | Ref: 1034

Everything we do at Outward is about promoting the choice and independence of vulnerable people to have genuine control over their lives. We are currently looking for enthusiastic, creative and committed people who speak Bengali and understand the Bengali culture to join our team working across Tower Hamlets in Outreach and Supported Living settings. If you feel you can bring a fresh approach, some new ideas and a commitment to supporting vulnerable people to have genuine control over their lives, play an active role in the community and develop as individuals then we want to hear from you.

To apply, visit our website on www.outward.org.uk to submit an application form detailing your reasons for applying and how you meet the requirements of the post by referring to the Job Description and Person Specification.

Completed application forms should be submitted to
recruitment@outward.org.uk.

The closing date for applications is 28th April 2015.
Interviews will be held on 7th May 2015.



Al Mizan School (primary) London East Academy (secondary)



are both run by the East London Mosque Trust

The governors of the schools are inviting applications for the following posts:

- Assistant Headteachers (1 primary; 1 secondary)
- English teacher (secondary)
- Science/Computing teacher (secondary)
- KS2 teacher (primary)

To start from September 2015 – Assistant heads can start earlier if available.

For more information and an application pack, please visit the schools website www.leacademy.com

Closing date: Monday 27 April by 12:30pm

These independent schools for boys are housed in the prestigious London Muslim Centre and the Maryam Centre in Whitechapel. Visits and informal discussions are invited and welcomed.

Public notices

THE LONDON BOROUGH OF TOWER HAMLETS ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1) TEMPORARY PROHIBITION OF TRAFFIC – BRICK LANE E1

NOTICE IS HEREBY GIVEN that the Council of the London Borough of Tower Hamlets made an Order, which will prohibit vehicular traffic from entering or proceeding in Brick Lane between its junction with Heneage Street and its junction with Fournier Street.

The restrictions on vehicular traffic will enable essential works to be carried out on the public highway by SKANSKA.

The alternative routes for vehicular traffic will be via Brick Lane, Chicksand Street, Greatorex Street, Hanbury Street, Spital Street and Buxton Street or Brick Lane, Fashion Street, Commercial Street, and Fournier Street.

Throughout the duration of the works, and at times when the

“one way” and “no entry” traffic signs are covered, the existing one way working in Brick Lane between its junction with Heneage Street and its junction with Fournier Street will be temporarily suspended.

The restriction on vehicular traffic will operate from Tuesday 21st April 2015 to Tuesday 5th May 2015 and at times when temporary traffic signs are placed on the public highway pursuant to the Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the traffic restriction to David Pryce, Network Coordinator, Transport and Highways on 020 7364 6898 or email david.pryce@towerhamlets.gov.uk

Dated: 13th April 2015

**JAMIE BLAKE
SERVICE HEAD,
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG**

THE LONDON BOROUGH OF TOWER HAMLETS ROAD TRAFFIC REGULATION ACT 1984 - SECTION 14 (1) TEMPORARY PROHIBITION OF TRAFFIC – FOURNIER STREET E1

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets made an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway in Fournier Street between its junction with Wilkes Street and its junction with Brick Lane.

The restriction on vehicular traffic will enable essential installation of new gas service to be carried out on the public highway by SKANSKA.

The alternative routes for vehicular traffic will be via Commercial Street, Hanbury Street and Brick Lane or Commercial Street, Wentworth Street, Brick Lane, Chicksand Street, Greatorex Street, Hanbury Street (northbound & westbound), Spital Street,

Buxton Street and Brick Lane. Access to properties for local vehicular traffic will be via Commercial Street, Hanbury Street, Wilkes Street, Princelet Street and Brick Lane or Fournier Street, Wilkes Street, Princelet Street and Brick Lane.

Throughout the duration, and at times when the “no entry” and “one way” traffic signs are covered, the existing one way working:

a) In Wilkes Street between its junction with Princelet Street

and its junction with Fournier Street will be temporarily reversed;
b) In Fournier Street between its junction with Wilkes Street and its junction with Brick Lane will be temporarily suspended;

The restriction on vehicular traffic will operate from Tuesday 21st April 2015 to Tuesday 5th May 2015, and at times when temporary traffic signs are placed on the public highway pursuant to the Traffic Signs Regulations and General

Directions 2002.

Please refer any queries regarding the above traffic restriction to David Pryce, Network Coordinator, Network Management Team, Transport and Highways on 020 7364 6898 or email, david.pryce@towerhamlets.gov.uk

Dated: 13th April 2015

**JAMIE BLAKE
SERVICE HEAD,
PUBLIC REALM
MULBERRY PLACE
5 CLOVE CRESCENT
LONDON E14 2BG**

LONDON BOROUGH OF TOWER HAMLETS TOWN & COUNTRY PLANNING ACT 1990

MAJOR APPLICATIONS UNDER ARTICLE 13(4)) OF THE TOWN AND COUNTRY PLANNING (DEVELOPMENT MANAGEMENT PROCEDURE) ORDER 2010 AND OTHER SIGNIFICANT APPLICATIONS.

NOTICE IS HEREBY GIVEN THAT the London Borough of Tower Hamlets is considering the following applications:

Former Goodmans Fields, 74 Alie Street and Land North of Hooper Street and East of 99 Leman Street, Hooper Street, London E1 **PA/15/747/KHA**

Submission of reserved matters relating to south-east block pursuant to hybrid planning permission dated 28th March 2012, reference PA/11/03587. The reserved matters provide detail on appearance, landscaping, layout and scale.

1 Park Place, London **PA/13/2341/KFL**

The reserved matters application seeks permission for details of appearance, means of access, layout, scale and landscaping associated with the erection of an office building (Use Class B1) comprising two basement levels, lower and ground level and 31 upper levels, construction of a new pedestrian link and other works incidental to the development which was granted outline planning permission on 30th March 2015, reference PA/13/02344.

31-33 Prescott Street, London, E1 8BB **PA/14/3553/KHM**

[REVISED] Redevelopment of the site to create a mixed-use development comprising the erection of a part 6 and part 8 storey building providing 28 serviced apartments (Use Class C1) on the upper levels and 437 sqm of office floorspace (Use Class B1) on lower ground and ground floor levels.

Former Site at South West junction of Glenworth Avenue and Saunders Ness Road, Glenworth Avenue, London **PA/15/360/IOL**

3 storey new build primary school on a vacant brownfield site on the corner of Glenworth Avenue and Saunders Ness Road. Fully occupied the new school building will accommodate teaching spaces for 280 pupils and around 30 staff. The building will also contain such facilities as a hall and library for community use. The gross internal floor area of the building is circa 1700 m2.

Copies of the applications and plans may be inspected between the hours of 9am-1pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at www.towerhamlets.gov.uk. If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 14 days from the date of publication of this notice to the Development Control Manager at the above address.

Dated: 13th April 2015

**OWEN WHALLEY
Head of Planning and Building Control**



LONDON BOROUGH OF TOWER HAMLETS TOWN AND COUNTRY PLANNING (ENVIRONMENTAL IMPACT ASSESSMENT) REGULATIONS 2011

NOTICE UNDER ARTICLE 8 OF APPLICATIONS FOR PLANNING PERMISSION ACCOMPANIED BY AN ENVIRONMENTAL STATEMENT

Proposed development at: **Reference: PA/13/2341**
1 Park Place, London, E14

NOTICE IS GIVEN THAT DP9 on behalf of Canary Wharf Investments are applying to the London Borough of Tower Hamlets for:

The reserved matters application seeks permission for details of appearance, means of access, layout, scale and landscaping associated with the erection of an office building (Use Class B1) comprising two basement levels, lower and ground level and 31 upper levels, construction of a new pedestrian link and other works incidental to the development which was granted outline planning permission on 30th March 2015, reference PA/13/02344.

This MAJOR application includes the submission of an Environmental Statement under the provisions of the Town and Country Planning (Environmental Impact Assessment) Regulations 2011

Copies of the applications, plans, environmental statement and all other documents may be inspected between the hours of 9am to 5pm, Monday to Friday at the Planning Office, Mulberry Place, 5 Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at www.towerhamlets.gov.uk. If you respond by email, please tell us your postal address.

Copies of the environmental statement may be purchased from DP9, 100 Pall Mall, London, SW1Y 5NQ, tel: 020 7004 1700 so long as stocks last. (Price on application)

Any person who wishes to make representations relating to any of these applications should do so in writing, within a period of 14 days from the date of publication of this notice to the Head of Planning at the Planning Office address above.

Dated: 13th April 2015

**OWEN WHALLEY
Head of Planning and Building Control**



LONDON BOROUGH OF TOWER HAMLETS

PLANNING (LISTED BUILDINGS AND CONSERVATION AREAS) ACT 1990, SECTIONS 10, 67 AND 73

APPLICATIONS FOR LISTED BUILDING CONSENT AND APPLICATIONS FOR DEVELOPMENT WHICH WOULD IN THE OPINION OF THE LOCAL PLANNING AUTHORITY AFFECT THE CHARACTER OR APPEARANCE OF AN AREA DESIGNATED AS A CONSERVATION AREA OR WOULD AFFECT THE SETTING OF A LISTED BUILDING.

Flat 9, 157 Commercial Street, London, E1 6BJ **PA/15/592/LYM**
Replacement of existing windows

84 Commercial Street, London, E1 6LY **PA/15/656/SHA**
Various internal works including:

- Removal of escape staircase and enclosure between ground floor and first floor and installation of spiral staircase.
- Alterations to partitions at first floor
- Replacing ground floor bar
- Removal of food lift between ground and first floor

121 Poplar High Street, London, E14 0AE **PA/15/550/KFL**
Proposed new shop front signage including 1 x fascia sign and 1 x hanging sign

68-80 Hanbury Street, London, E1 5JL **PA/15/680/SHA**
Facade alterations and improvements to Hanbury Street and Princelet elevations at first and second floor levels, the erection of a water balance lift within the internal courtyard to serve ground, first and second floor levels and all other associated works.

Unit 7, New Crane Wharf, 11 New Crane Place, London **PA/15/678/LYM**
Removal of internal partition walls to provide suitable space for the change of use of the unit for A1 (retail) to C3 (residential)

395a-397a Hackney Road, London, E2 **PA/15/720/JTH**
Erection of ground and first floor rear extensions for two dwellings at 395a and 397a Hackney Road

Unit B, 36-40 Copperfield Road, London, E3 4RR **PA/15/725/CSK**
Application for Prior Approval under Part 3 Class J of the Town and Country Planning (General Permitted Development Order) 1995 (as amended) for the change of use from offices (Use Class B1a) to residential (Use Class C3) to form 1 x 2 bedroom unit.

653 Commercial Road, London **PA/15/509/LAB**
Erection of two new studio dwellings within a single-storey rooftop mansard extension.

120 Bethnal Green Road, London, E2 6DG **PA/15/715/GMA**
Variation to condition 5 of planning permission BG/94/00237 dated 09/02/1995. Variation sought:
Amendment to opening hours:
Sun - Thur 13:00 – 01:00 and Fri-Sat 13:00 – 01:30
With all patrons to have left the premises within 30 minutes of the premises closing time referred to above. Unless the premises is operating in accordance with hours permitted by a valid Temporary Events Notice issued by the Council's licensing department, in which case the use allowed by this permission may take place during the hours permitted by that Temporary Events Notice. If the premises is operating under a Temporary Events Notice it should be displayed behind the bar area and made available to officers on request. Reason: To safeguard the amenity of adjacent residents and the area generally and to accord with policy DM25 of the Managing Development Plan (adopted 2013).

Advert Fronting Front Wall of No 2, East India Dock Road, London, E14 **PA/15/752/SAE**
(also known as Lipstick Site at Corner of East India Dock Road and West India Dock Road

Advertising scheme comprising replacement of the existing internally-illuminated light box display with an internally illuminated LED screen display (front elevation) and scaffold shroud (on existing structure to rear).

Old Ford Primary School, Wrights Road, London, E3 5LD **PA/15/793 and 655/SAE**
Proposal is to continue the replacement of the windows at the school
This application is for the replacement of the windows on the small west facing elevation opposite the church.

29 Redchurch Street, London
Proposed shopfront.

PA/15/77/KHA

29 Redchurch Street, London
Installation of fascia sign and projecting sign on proposed shopfront.

PA/15/78/KHA

Former Site At South West Junction Of Glenworth Avenue And Saunders Ness Road, Glenworth Avenue, London **PA/15/360/IOL**

3 storey new build primary school on a vacant brownfield site on the corner of Glenworth Avenue and Saunders Ness Road. Fully occupied the new school building will accommodate teaching spaces for 280 pupils and around 30 staff. The building will also contain such facilities as a hall and library for community use. The gross internal floor area of the building is circa 1700 m2.

THE FOLLOWING ARE HOUSEHOLDER APPLICATIONS AND IN THE EVENT OF AN APPEAL AGAINST A REFUSAL OF PLANNING PERMISSION, WHICH IS TO BE DEALT WITH ON THE BASIS OF REPRESENTATIONS IN WRITING, ANY REPRESENTATIONS MADE ABOUT THESE APPLICATIONS WILL BE SENT TO THE SECRETARY OF STATE, AND THERE WILL BE NO FURTHER OPPORTUNITY TO COMMENT AT APPEAL STAGE.

53 Coborn Road E3 2DB

PA/15/622/JTH

Construction of new bike store

Copies of the applications and plans may be inspected between the hours of 9am-1pm, Monday to Friday at the Planning Department, Mulberry Place, Clove Crescent, London, E14 2BG. The information will also be available on the Council's web site at www.towerhamlets.gov.uk. If you respond by email, please tell us your postal address.

Any person who wishes to make representations relating to any of these applications should do so, in writing, within a period of 21 days from the date of publication of this notice to the Development Control Manager at the above address.

Dated: 13th April 2015

OWEN WHALLEY
Head of Planning and Building Control



TOWER HAMLETS

THE LONDON BOROUGH OF TOWER HAMLETS ROAD TRAFFIC REGULATION ACT 1984 – SECTION 14 (1)

TEMPORARY PROHIBITION OF TRAFFIC – GREATOREX STREET E1

NOTICE IS HEREBY GIVEN, that the Council of the London Borough of Tower Hamlets, proposes to make an Order, which will prohibit vehicular traffic from entering, stopping or proceeding in the length of carriageway in Greatorex Street, for a distance of approximately 30 metres, north-west, from its junction with Whitechapel Road.

The restriction on vehicular traffic will enable essential works to be carried out on the public highway by J Murphy & Sons on behalf of Optimise Thames Water.

The alternative routes for vehicular traffic will be via Whitechapel Road, Osborn Street, Old Montague Street and Greatorex Street. However, local access will be provided for residents and businesses to their properties.

Throughout the duration of the works, and at times when the "one way" and "no entry" traffic signs are covered, the existing one way working in Greatorex Street between its junction with Whitechapel Road and its junction with Old Montague Street will be temporarily suspended.

The restriction on vehicular traffic will operate from Monday 27th April 2015 to Friday 1st May 2015 and at times when temporary traffic signs are placed on the public highway pursuant to the Traffic Signs Regulations and General Directions 2002.

Please refer any queries regarding the above traffic restriction to Dave Pryce, Network Coordinator, Clean, Green and Highways on 020 7364 6898 or email, david.pryce@towerhamlets.gov.uk

Dated: 13th April 2015

JAMIE BLAKE, SERVICE HEAD,

PUBLIC REALM, MULBERRY PLACE 5 CLOVE CRESCENT LONDON E14 2BG

TOWER HAMLETS

LICENSING ACT 2003 – NOTICE OF APPLICATION FOR A PREMISES LICENCE

NOTICE IS GIVEN THAT Limelight Sports Ltd. has applied to London Borough of Tower Hamlets Licensing Authority for a Premises Licence under the Licensing Act 2003.

PREMISES

Victoria Park, Grove Road, Bow, London E3 5TB
The Nike Women's 10KM Run Event Village (licensed area) will be located on the winter pitches, adjacent to Riseholme Gate and Cadogan Gate within the Park.

THE LICENSABLE ACTIVITIES AND TIMINGS ARE:
The sale of alcohol and regulated entertainment (live and pre-recorded music)

Sunday 21st June 2015 between 09:30 to 16:00

Anyone who wishes to make representations regarding this application must give notice in writing to: The Licensing Section, London Borough of Tower Hamlets, Mulberry Place, 5 Clove Crescent, London E14 2BG

Website: www.towerhamlets.gov.uk
Tel: 020 7364 5008

Representations must be received no later than 08 / 05 / 15

The Application Record and Register may be viewed between 10am and 4pm Monday to Friday during normal office hours at the above address.

It is an offence under Section 158 of the Licensing Act 2003, knowingly or recklessly to make a false statement in connection with an application and the maximum fine for which a person is liable on summary conviction for the offence is up to level 5 on the standard scale (£5000)

Tell the East End

Do you have a sports club you would like to be included in our listings? If so email the details to...

EASTENDLIFE.NEWS@TOWERHAMLETS.GOV.UK

Sport

Leisure centres

John Orwell Sports Centre
Tench Street, Wapping, E1W.
7488 9421

Langdon Park Leisure Centre
35 Byron Street, Poplar, E14
SHOKK Youth Fitness Centre.
7987 3575

Mile End Park Leisure Centre
190 Burdett Road, E3.
8709 4420

Mile End Park Stadium
Rhodeswell Road, Poplar, E14.
8980 1885

St George's Pools
221 The Highway, Wapping E1W.
7709 9714

Tiller Leisure Centre
Tiller Road, Isle of Dogs, E14.
7987 5211

Whitechapel Sports Centre
55 Durward Street,
Whitechapel, E1.
7247 7538

York Hall Leisure Centre
5-15 Old Ford Road, E2.
8980 2243

Sport & leisure

Netball

Arbour Netball Club train at the Parkside Leisure Centre at Mulberry School, Commercial Road, E1 every Monday night.
01277 811772

Rugby

Millwall Rugby Club. Men's, women's and youth teams. Suns, 10.30am-12pm (youth); Mons, 7.30-9pm (adults); Weds, 7.30-9pm (men); Thurs. 6.30-7.30pm (boys aged 7-17); Thurs, 7.30-9pm (women all ages).
www.millwallrugby.com

Rugby for children

Tag rugby (non contact) games for ages 2 - 7. Sats, 10am-12pm (term-time). Free trial. Victoria Park, Grove Road, E9.
01252 794150
www.trytimekidsrugby.com

Self-defence and keep fit

Self-defence and keep fit with freestyle taekwondo. Mixed classes of adults and children every Tues 6.30-8pm & Sun,

1-3pm.
Tiller Leisure Centre, Tiller Road, E14.
8310 1469 or 07950 896926

Seniors exercise

Mons, 1.30pm, line dancing; Tues, 10.45am, workout. London Dockers Club, 6 Boulcott Street, E1.
7790 3785

Sun kune do

Mons, 7-8.15pm. Adults £4.50, ages 10-16, £3.50. Lifra Hall, 7 Halley Street, E1.

Swimming

Learn to swim (5 years +), competitive swimming skills/fitness (9 years +), and masters swimming (18 years+). Bethnal Green Sharks Swimming Club, York Hall, and Mile End Park and St George's leisure centres.

07931 782172
www.bgssc.co.uk

Taekwondo classes

Taster class £5 for adults, £3 for children aged five to 14. Adults £50-£40 per month. Easy Studio, 60-64 Kingsland Road, E2.
7033 4660

Table Tennis Club

Every Sat, 10am-12pm For ages 11-19 George Green's School, 100 Manchester Road, E14.
7987 6032

Tiller Runners

Women's running group, suitable for all abilities. £1.10 per session. Mon, 6.30pm. Meet at Tiller Leisure Centre, Tiller Road, E14.
7987 5211

Women's football

Train with KIKK Talang, KIKK United's development team, for ages 16+. Free. Mons, 8-9pm Whitechapel Sports Centre, Durward Street, E1.
kikkतालंग@gmail.com
kikkunited.wordpress.com

Women's self-defence

Mons, 7-8.15pm, £5 adults/£3.50 children. John Orwell Sports Centre, Tench Street, E1.
07949 597965



No need to sit on the sidelines

There are many ways you can take part in sport and improve your fitness in Tower Hamlets. Our listings include everything from netball to women's football.

SEE BELOW

Sporting bounce back from away-day disaster

BY PETER FAULKNER

SPORTING Bengal may not be able to avoid relegation this season, but they are not going down without a fight.

They faced fourth-placed Hullbridge twice in a week, conceding nine goals, scoring five and a player from each side getting the red card.

Having lost the away game 7-1, Bengal hosted their Essex Senior League rivals at Mile End Stadium over Easter and looked a different team.

Although rooted to the bottom of the table, Bengal

showed plenty of fight in front of their own fans to win 4-2.

Bengal's scorers were Carlos, Abdisamad, Hutchins and Rivera while Hulbridge were kept in the game by two goals from Hornsley, although they didn't help their cause by giving away a penalty and having a player sent off.

The mid-week 7-1 defeat saw Bengal start with only nine players due to traffic problems.

Within 55 seconds of the kick-off, the numerical advantage was made to count as Hornsley put Hullbridge ahead.

Bengal were up to their full quota of players before the

15-minute mark, but by then Hornsley had struck again and Jamie Buffin had joined him on the score sheet.

Hornsley completed his hat-trick on 26 minutes and Hullbridge continued to dominate, ending the half 4-0 up.

A defensive error on the hour allowed Bengal to reduce the deficit before Hornsley picked up his fourth on 62 minutes.

After 72 minutes Bengal compounded their problems when a man was sent off.

Charlie Little got on the score sheet minutes later and Buffin added his second in the 78th minute.

FC Hamlets POAPC o Kelvedon Hatch 2

WITH the Olympian League title in the balance, Hamlets were hoping the players would get a confidence boost by booking a place in the semi-finals of the Senior Division Cup.

But this quarter-final went horribly wrong.

After just five minutes Michael Daniels gave Kelvedon the lead. Seven minutes later James Burt made it 2-0.

Hamlets still lead Division Three of the Essex Olympian League, but Catholic United are just one point behind in second place with a game in hand.



THE Inner London Football League hosted its Unity Super Cup and Legends Cup semi-finals and finals – and two local favourites saw their dreams crash.

Tower Hamlets lost 3-1 to FC Bengals while London Tigers were narrowly

beaten 1-0 by E7 (above left). In the final E7 were 2-0 winners over FC Bengals to lift the Unity Super Cup. FC Sylhet (above right) booked their place in the final of the Legends Cup (Veterans over 35s) after defeating Birmingham Vets 2-0.



In a repeat of last year's finals they faced London Tigers, who fancied their chances of retaining the trophy after overcoming Stepney Legends 2-1 in the semis.

But FC Sylhet had the edge this time and lifted the cup with a 1-0 win.

Tigers still in the hunt for trophies at home and abroad

THE football season is reaching a thrilling climax for Poplar-based London Tigers and they still have a chance of silverware at home and abroad.

The Tigers' under-12s and under-16s both finished the season runners-up in the Camden and

Regents Park League and League Cup competitions respectively.

The veterans team, meanwhile, reached the semi-finals of the Inner London Football League Unity Super Cup and lost in the final of the Legends Cup.

Overseas, the club's Sylhet under-16 team won their final

match 5-1 in the group games in the Bangladesh Football Federation Dhaka Pioneer League to qualify for the next round of the competition – watched on one occasion by Bangladesh international footballer Mohammed Kaisar Hamid.

Chief executive Mesba Ahmed

said: "Well done to all the players and to the managers – Bilal, Aaron and Samir."

London Tigers, with offices on the Robin Hood Estate, Poplar, is a charity working across London and beyond, using sports as tool to engage and support disadvantaged communities.



More than messing about in boats

"This is a wonderful opportunity for local young people to have fun, make new friends, get out on the water and gain nationally accredited qualifications outside of mainstream education."

Sport

Kids find their sea legs for free

BY PETER FAULKNER

YOUNGSTERS from Tower Hamlets and neighbouring boroughs are being invited to a free Saturday watersports club.

The club started on April 11 at the Sea Cadet Boating Station, Royal Dock, and offers enthusiastic youngsters aged 11-18 the chance to learn sailing, rowing and paddlesports.

Each Saturday from 10am-1pm there will be various waterborne activities and taster sessions, and the opportunity to gain a qualification.

The Saturday club is totally free thanks to funding from the Uniformed Youth Social Action Fund.

Lisa Goodey, watersports co-ordinator at Royal Docks, said: "This is a wonderful opportunity for local young people to have fun, make new friends, get out on the water and gain nationally accredited qualifications outside of mainstream education."

"The Royal Docks is a great location and is easily accessible



for everyone. It's not just qualifications they will gain, but life skills, such as team work, communication and leadership, that will give them a great head start in life.

"They can also have the opportunity to take it further by joining their local Sea Cadet unit where they can do more boating and waterborne

activities and perhaps even think about a career in the maritime industry."

All of the activities will be run by fully qualified instructors and safety equipment will be provided.

If you would like to attend a session, booking is required. Call Lisa on 7055 0585 or email lgoodey@ms-sc.org

Kaizen chasing medals

Karate

BETHNAL Green's Kaizen Ryu Karate Club were chasing silver at the weekend when they competed in the Kaizen Cup.

The event was due to take place at Redbridge Sports Centre as East End Life went to press.

And Kaizen were hoping to continue the success that has seen them win trophies and awards all across the globe.

Team Kaizen train at the Garrett Centre, Mansford Street, Bethnal Green, and their squad of children and adults, aged five to 50, has been in training



for months. As part of their training, students have been given the opportunity to work alongside world class karate exponents such as Eva Medvedova Tulejova (pictured), the 2006 World Karate Federation world champion, at Mile End Leisure Centre.

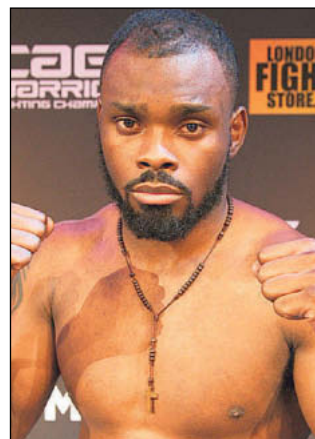
The club have a track record

of taking big hauls in local and regional competitions, and won five gold, six silver and six bronzes at the WKA Essex Open Championships.

They also topped the medal table for the last three years at the TKF Nationals with divisional winners from child to adult in both kata and kumite.

Some members have gone on to compete at international level as well as at the All Japan Championships – one of the most prestigious events in the sport.

For information on local classes visit www.kaizenryu.com or call 07743 764234.



MMA

Darren closes in on York Hall debut

MIXED Martial Arts, one of the fastest growing sports in Britain, is coming to York Hall, Bethnal Green – and **Darren Stewart** wants to be one of its stars.

Darren, from Rosefield Gardens, Poplar who trains in north London, faces Lloyd Clarkson in his third professional fight on May 23.

Darren, a corporate security specialist, had five fights unbeaten as an amateur and is now bidding for his third successive victory.

His last win came on the Cage Warriors show at the CopperBox in Stratford's Olympic Park.

This time out, Darren fights for relatively new promotion outfit Warrior Fight Series (WFS) on a show headlined by Jake Bostwick, the seventh ranked welterweight fighter in Britain.

Darren is excited to be putting on a show in front of his own east London fans and said: "Fighting for WFS is new to me, so it's a great opportunity to see what this show is about."

"I've heard great things about it already and the fight is so local to where I live, the atmosphere is going to be madness."

His opponent, Lloyd Clarkson is said to be a tough opponent, but Darren admits: "No matter who I fight, I always respect them. I'm not a trash talker as I don't believe in it."

"I know Lloyd has solid skills, but so do I."

Darren, 24, a father of one, wants to go right to the top in the sport and make his future financially secure. If he can do this he hopes it will lead to fights

County clash

An east London XI will take on an Essex County Cricket Club second XI on May 12 at Wanstead Cricket Club.

SEE BELOW

with the universally renowned Universal Fighting Championship (UFC), the global leaders in mixed martial arts.

To reserve tickets visit www.warriorfightseries.com

Cricket

Essex challenge

AN east London XI will play an Essex County Cricket Club second XI in the annual Festival of South Asian Cricket.

It takes place on May 12 at Wanstead Cricket Club and will be the third match between the two sides.

The east London team will have representatives from Tower Hamlets in their side.

The theme for the day is the importance of staying healthy.

Basketball

Lions slip up twice

TWO away defeats in a week have left **London Lions** fighting to hold on to fifth place in the British Basketball League.

Following their 87-81 reverse at Leicester Riders, they went to Glasgow Rocks and suffered an 82-65 loss.

Glasgow put together a great team effort to gain ground on the Lions.

Five players reached double figures for Glasgow, with Reggie Middleton leading the way with 17 points and six rebounds. Paul Egwuonwu and Danny Huffor added 14 points apiece in the win.

Meanwhile, Lovell Cook had a game-high 18 points for Lion's, with Makal Stibbins chipping in with 15 points and eight boards. Andrew Sullivan also finished with 15 points.

The defeat at Leicester saw Makal Stibbins 22 points eclipsed by Rashad Hassan's 32 and 17 rebounds as Leicester held on at the death to topple London.

Riders had to stave off a final quarter comeback by the Lions who had trailed by as many as 18 points early in the fourth period.

In a dramatic finale, Lions almost drew level inside the last minute of the contest after Zaire Taylor converted to make it a one-shot game.

Lions are still fifth, but the Rocks are just four points behind them with two matches in hand so the finale to the season will be tough and tense.

Fund-raiser

Thrills and spills

A CHARITY event with a difference takes place at the Queen Elizabeth Olympic Park on May 30 with guaranteed thrills and spills.

Adrenaline Rush is a new high voltage, energy-packed series of obstacle courses.

The event is being run by Macmillan Cancer Support and InMotion Sports to raise money for the charity.

Event organisers have promised that 25 per cent of all entrance fees will go to Macmillan.

Entry to Adrenaline Rush starts at just £45 with 5km or 10km courses available, as well as the option of entering a four-person team.

Joe McDermott, challenge events programme manager at Macmillan Cancer Support, said: "The course has been specifically designed to challenge entrants of all fitness abilities."



Adrenaline Rush promises to be a stiff challenge



More inside

For stories on karate, basketball, cricket and mixed martial arts

SEE PAGES 34 & 35



Looking forward to the experience

"To sail across the Pacific will be an awesome challenge. I'm looking forward to training with people from all over the world and to taking my sailing experience to the next level."

CHARLIE STANNARD



TOWER HAMLETS

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

Charlie set for trip of a lifetime

Sailor, 20, lands berth in round the world yacht race

BY PETER FAULKNER

SAILOR Charlie Stannard has received the birthday present of a lifetime – a place in the Clipper Round the World yacht race.

Charlie, who lives on the Isle of Dogs, thought Heather Thomas, 19, was his big rival in the battle for the prestigious trip – after both were nominated by the Andrew Simpson Sailing Foundation.

And just before Easter the pair were locked in a nail-biting elimination contest at the Clipper Race headquarters in Hampshire to see who would win this prestigious prize.

But it wasn't until their last day of assessment that Charlie, a member of Docklands Sailing and Watersports Centre on the Isle of Dogs, was told they would share the £10,000 prize and each sail the Pacific Ocean leg of the race.

The upshot will be a 5,500-mile journey that will take approximately one month to complete.

Charlie and Heather, along with the rest of the crew, will set off from Qingdao, China in March 2016, and hit land in the west coast of the USA.

The news was a dream come true for Charlie who turned 20 on April 6 – four days after hearing the news.

He said: "I felt incredibly proud to find out I was even being nominated for this competition, so to find out I am going to take part was a huge surprise."

"This is the best birthday present I could have had. I never expected the organisers to send



The race promises excitement and thrills

both of us which is why we were both going flat out during the assessment training."

Charlie, who will celebrate his 21st birthday on the high seas in 2016, added: "This really is a dream come true and nothing like I imagined before."

"It will be a real adventure, the race of a lifetime."

With support from the DSWC, Charlie has competed in the London Regatta, and represented Tower Hamlets in the London Youth Games, as well as competing at three national

and two world championships, winning numerous medals.

He also volunteers with the London Youth Games, mentoring younger competitors, and runs weekly sailing sessions for a local disabled group.

Crew members will be trained



Charlie Stannard is ready for the challenge

to encounter Mother Nature's toughest, yet most exhilarating conditions, including towering waves, howling winds and high speed surfs. At times, the fleet's closest human neighbours will be the astronauts on the international space station.

"To sail across the Pacific will be an awesome challenge," added Charlie.

"I'm looking forward to training with many interesting people from all over the world and to taking my sailing experience to the next level."

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Learn to cook, pass it on

Jamie Oliver shares his top culinary tips with parents

SEE PAGE 2



Easter fun in the sun

From egg hunts to wheely stunts

SEE PAGES 6 & 7



Chrisp Street foodie festival

Market traders share their pride in Food for Health Awards

SEE PAGE 11

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WWW.TOWERHAMLETS.GOV.UK



eastendlife

NEWS FROM TOWER HAMLETS COUNCIL AND YOUR COMMUNITY

One week left to register to vote in the UK Parliamentary General Election

Bethnal Green and Bow & Poplar and Limehouse are the two parliamentary constituencies in Tower Hamlets that will be contested to elect Members of Parliament.

Make sure your vote counts in the election on **7 May 2015**. Register to vote at: www.gov.uk/register-to-vote or call the elections team on **020 7364 0872**.

By now, if you are registered, you should have received your poll card. Details of where to find your allocated polling station are on the next page.

Tower Hamlets Council is sending canvassers to thousands of households in the borough to make sure the electoral register is accurate.

The canvassers are also working with residents to ensure that they understand Individual Electoral Registration (IER), a new way to register introduced by the government to help combat electoral fraud.

The last day to register for the UK Parliamentary election is 20 April 2015.

Find out who is standing for election on the next page.

YOUR VOTE MATTERS

MAKE SURE YOU'RE IN

Who is standing in the Tower Hamlets constituencies at the UK Parliamentary Election on 7 May 2015?

Bethnal Green and Bow Constituency

M Rowshan ALI	Communities United Party
Rushanara ALI	Labour Party
Elliot BALL	The 30-50 Coalition
Jonathan DEWEY	Cannabis is Safer than Alcohol
Alasdair Iain HENDERSON	Whig Party candidate
Teena LASHMORE	Liberal Democrats
Paula MCQUEEN	UK Independence Party [UKIP]
Jason Andrew PAVLOU	Red Flag - Anti-Corruption
Alistair POLSON	Green Party
Glyn ROBBINS	Left Unity-Trade Unionists and Socialists
Matt SMITH	The Conservative Party Candidate

Poplar and Limehouse Constituency

Elaine BAGSHAW	Liberal Democrats
Maureen CHILDS	Green Party
Jim FITZPATRICK	Labour Party
Rene Claudel MAGENZI	Red Flag - Anti-Corruption
Nicholas MCQUEEN	UK Independence Party [UKIP]
Hugo PIERRE	Trade Unionist and Socialist Coalition
Chris WILFORD	The Conservative Party Candidate

Where's my polling station?

In order to vote, you need to be registered. All eligible voters should have already received their poll cards.

The address and map of your allocated polling station will be shown on the poll card. You can check where your polling station is located by using the online polling station finder. Go to www.towerhamlets.gov.uk or call the elections helpline on 020 7364 0872.

If you haven't received a poll card or have lost it, don't worry – you can still vote if you are registered to do so.

Polling stations around the borough will open from 7am to 10pm on Thursday, 7 May.

What happens at the polling station?

- 1** On election day, go to your allocated polling station. Polling stations are open between 7am and 10pm.
- 2** Tell the staff inside the polling station your name and address; they will check your details on the electoral register. You can show them your poll card, but you do not need it to vote.
- 3** The staff will give you a ballot paper showing the names of the candidates and the party they represent. If you have a visual impairment, you can ask for a tactile voting device to assist you to vote in secret.
- 4** Go to one of the voting booths and read the 'Guidance for Voters' notice. Mark a cross (X) in the box on the right hand side of the ballot paper, opposite the name of the candidate you are voting for. Vote for ONE candidate only. Do not write anything else on the paper or your vote may not be counted.
- 5** When you have voted, fold the ballot paper in two and put the ballot paper into the ballot box. Do not let anyone see your vote.

If you are not clear on what to do, ask the staff at the polling station to help you.

What if I can't get to a polling station?

You can apply for a postal vote

You can request an application form by calling the elections team. The deadline for the receipt of postal vote application forms is 5pm on Tuesday 21 April.

You can vote by proxy

Proxy voting enables you to appoint a person to vote on your behalf if you are unable to go to the polling station on the day.

Your proxy can vote on your behalf in two ways; by going to your polling station or by voting by post (known as postal proxy). Applications to vote by proxy must reach the elections team by 5pm on Tuesday 28 April 2015. For a proxy postal vote, their application must reach the elections team by 5pm on Tuesday, 21 April 2015.

Emergency Proxy Vote

You can contact the elections team for an emergency proxy vote application if, by 5pm on the day of the election, you become physically incapacitated or you can't go to the polling station due to your occupation, service or employment. Contact the elections team as soon as possible for assistance.

**Contact Tower Hamlets election team on 020 7364 0872
or vote@towerhamlets.gov.uk**

It's your vote, don't give it away

Each elector has one vote. It is important that you do not let anyone else take your vote or pressurise you to vote in a particular way.

If you vote at the polling station, you must take the ballot paper from the clerk and go into a polling booth to cast your vote in secret. Do not let anyone else touch your ballot paper and no other adult may go into the polling booth with you.

If you are a postal voter, make sure you complete the postal voting pack and ballot paper yourself, place the documents in the envelope provided and put it in the post. You must not give the ballot paper or postal voting pack to anyone else to complete on your behalf. Anyone who takes another person's ballot paper may be committing an offence.

Council plans to prevent fraud

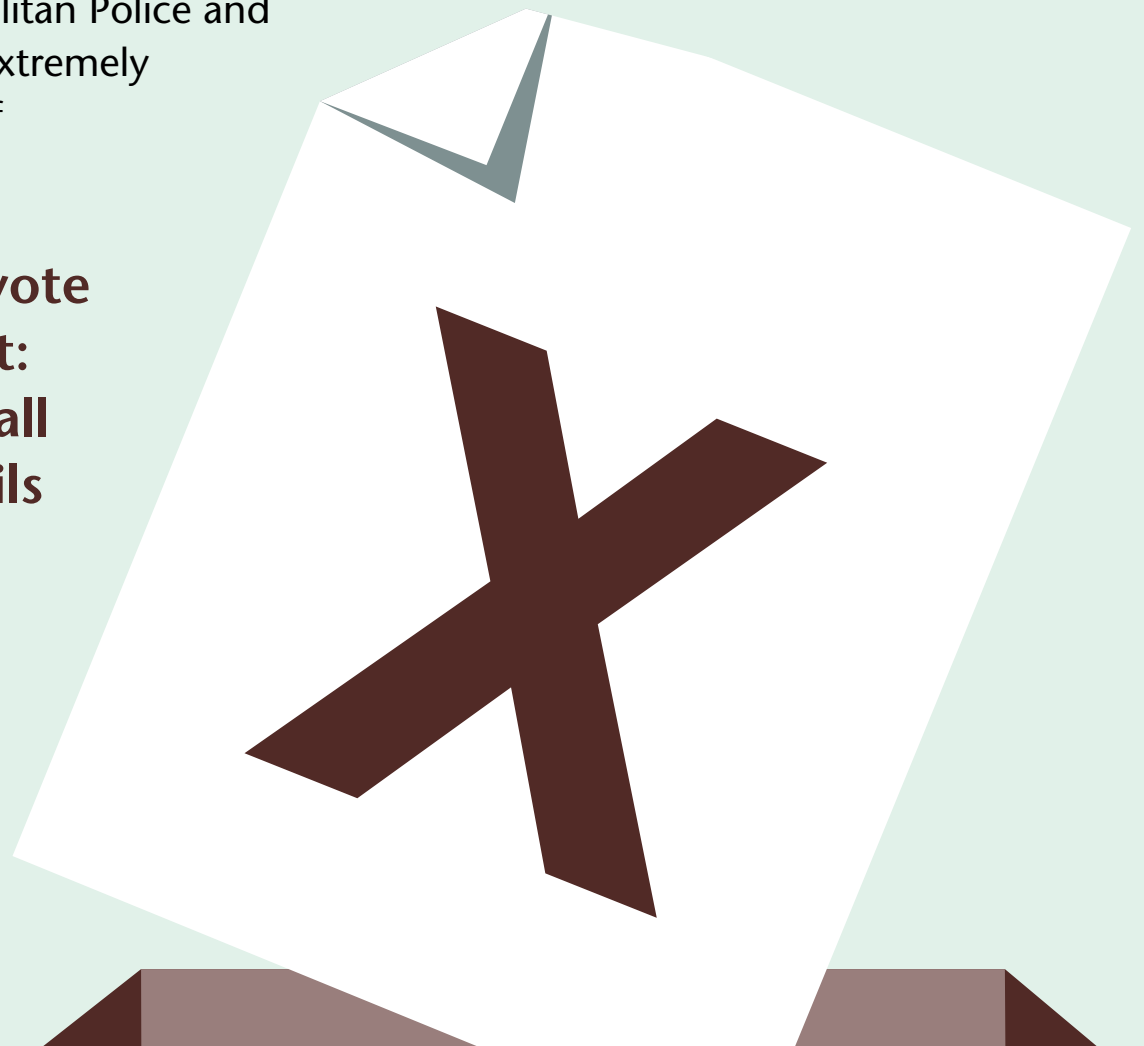
The May election in Tower Hamlets will have the strongest processes in London to prevent fraud and some of the most robust in the country.

A local protocol to ensure a free and fair election and help to establish trust in the electoral system has been drawn up by the main agencies involved in running the election.

The protocol makes it clear that the Metropolitan Police and Tower Hamlets Council take electoral fraud extremely seriously and will investigate all allegations of irregularities robustly, promptly and fully.

If you are concerned that your vote may be subject to fraud, contact: vote@towerhamlets.gov.uk or call the police on 101 with the details (999 should be used in an emergency).

Follow us on Twitter for updates about the election: @Towerhamletsnow



YOUR VOTE MATTERS **MAKE SURE YOU'RE IN**